

COVID-19 Pre-Surgical Testing Patient Instructions

1. Will I need to be tested for COVID-19 before having an elective surgery or procedure done? Yes.

- Your surgeon will give you an order and instructions for COVID-19 nasal swabbing. This will need to be done 3-5 business days before your procedure. COVID-19 testing is only available Monday through Friday (testing is NOT available over the weekend).
- Your surgeon will set up and give you specific instructions on the date, time, and location of when to have nasal swabbing. It is very important to arrive to this appointment on time. If it is missed, it can delay or cancel your procedure.
- The COVID-19 testing MUST be completed before NOON on your testing date, as results are time sensitive. Test results will be sent to your surgeon and anesthesia team.

2. After I have been tested for COVID-19, what are my instructions before my procedure?

- Please limit your exposure by social distancing in public, wearing a mask in public, washing your hands frequently, avoiding contact with a person known to be positive for COVID-19, and limiting your activities to only those that are essential, including work. If your work requires you to interact with others, please carefully follow the safety measures at your workplace, such as social distancing and use of personal protective equipment (PPE), such as mask, gloves, gowns, eye protection, etc., if applicable.
- Avoid non-essential activities, such as social gatherings, eating in at bars/restaurants, public events, and unnecessary travel.
- Please notify your surgeon or anesthesia team if you develop any new symptoms including fevers, cough, shortness of breath, loss of taste or smell, sore throat, abdominal pain, diarrhea, or vomiting.
- If you have any questions about these instructions and how to prepare for your upcoming procedure/surgery, please call the PAT office at 814.231.7050.

3. What else should I expect before my procedure?

- You will receive a screening call from a nurse in PAT prior to your surgery. The nurse will be asking about your medical history, medications, allergies, and symptoms. Recent travel history will also be reviewed for you and those living in your household.
- Upon arrival at the Mount Nittany Health facility on the day of your procedure, you and your visitors will be asked screening questions and have your temperatures checked.
- To protect our patients, visitors, and staff, we are constantly monitoring the COVID-19 activity in the community and revising our visitation policy as needed. Please ask about our current policy when you receive your surgery and/or procedure time.

If you have any questions, please contact your surgeon

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