

Pre-surgery Patient Instructions

During this time of COVID-19, Intermountain Healthcare has implemented guidelines to provide safe surgical care to patients who continue to require procedural care. **Surgical dates will change according to demands on our healthcare system.** Please know that as soon as we can safely proceed with your procedure, we will finalize your surgical date. The following adjustments have been made to the surgical process to help you stay safe.

Before your surgery:

- 1 When possible, shelter in place for 2 weeks before your surgery.** Stay home. Avoid out-of-state travel, sick individuals, and communal living spaces (nursing homes, etc).
- 2 To maximize your safety, a COVID-19 test will be coordinated by Intermountain Healthcare to be performed 3 days before your scheduled procedure.**
 - You will receive a call to schedule the timing and location of this test and will be contacted when the results of the test return.
 - Testing locations can be found at: <https://intermountainhealthcare.org/covid19-coronavirus/get-testing/>
- 3 Early studies show that surgical care is much safer for patients WITHOUT COVID-19.** Immediately after having your pre-surgery COVID-19 test, you must follow these strict self-isolation guidelines for the 3 days before your surgery:
 - Stay home as much as possible.
 - Keep 6 feet of distance between yourself and people outside of your home.
 - Wash your hands often for at least 20 seconds.
 - Notify the doctor if you have been around anyone who is sick or if you start to feel sick.

On the day of surgery

- 1** The day **before** the surgery you will be contacted with a surgical check-in time.
- 2** Have **one person** come with you to check-in.
- 3** Both you and the person with you should come wearing a face covering or mask (mouth and nose covered).
- 4** You will be offered hand sanitizer at check-in.
- 5** Your caregivers will also be wearing masks to help keep you safe.
- 6** The check-in process has been adjusted to maximize social distancing.

When should I call my doctor?

Notify the doctor if you have been around anyone who is sick or if you develop any of these symptoms before your surgery:

- Temperature greater than 100.4 °F (38 °C)
- Cough
- Shortness of breath
- New body aches
- Diminished sense of smell or taste

Please contact us right away if you have any questions or concerns before the day of your surgery.

