

Additional instructions for preparing for your surgery during COVID-19

Your safety is our top priority. In light of the COVID-19 coronavirus, we have had to make some changes. Please follow these guidelines to keep you safe for your surgery.

3+ days before your surgery



Plan out your COVID-19 vaccines

- If you are getting your COVID vaccine, try to get it at least 3 days (72 hours) before your surgery. You do NOT need to cancel your surgery if the time between your vaccine and surgery is shorter than 72 hours.
- Let your provider know if you already got your 1st vaccine dose but need to get your 2nd dose around the same time as your surgery. OHSU will NOT be able to give you the 2nd dose during your hospital stay.
- Even if you are vaccinated, you still need to be tested for COVID-19 before your surgery. The vaccine will NOT give you a false positive test result.

2 days before your surgery



Prevent the spread of COVID-19 – Even if you are vaccinated

- Continue to stay **6 feet away** from others and **clean your hands often**. The person who brings you to and from the hospital and/or supports you during your stay should also follow these rules.
- **Avoid close contact** with others **and try not to leave your home** for at least 1 week before your surgery, especially during the 2 days before your surgery. You **CAN** leave home for COVID testing.

2 days before your surgery (continued)



Get tested for COVID-19

- We will call you to talk about coronavirus testing.
- You will need a PCR test within **2 days before your surgery**. OHSU does **NOT** accept antigen or at-home test results. The COVID test must be a PCR test. Call your provider's office if you need help scheduling a PCR test.
- If you do not get tested within the required timeframe as defined during the scheduling process, we may need to reschedule your surgery.

OHSU testing site:

- **OHSU Pre-Op Medicine Clinic** (by appointment)
3485 S. Bond Ave, Portland, OR 97239
7 a.m. – 5 p.m., 7 days a week



Report COVID-19 symptoms

- Check for symptoms every day.
- Let us know if you have:
 - Fever, sore throat, runny nose, cough, shortness of breath, body aches or other symptoms.
 - Been diagnosed with COVID-19.
 - Had close contact with someone who has COVID-19 (suspected or confirmed) within the past 14 days.
 - Traveled within the last 14 days to a CDC Level 3 risk country: www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.
 - Traveled on a cruise ship within the last 30 days.

If you have questions or concerns about COVID-19 symptoms, please contact your primary care provider. If you don't have one, please call:

OHSU Health COVID-19 Hotline at **833-647-8222**, 8 a.m. to 8 p.m., 7 days a week.



The day of your surgery



Coming to the hospital

- You must have **1 healthy adult** (age 18+) available and responsible for getting your discharge instructions and taking you home after your surgery.
- If you have a disability and need help speaking with hospital staff, deciding on health care, understanding health care information, or doing daily tasks, you can name at least 3 support people and have **1 support person** with you in the hospital.
- **1 healthy adult visitor** is allowed to visit you in your hospital room if you are staying overnight. Patients with disabilities can have 1 support person plus 1 visitor in their inpatient room at a time.
- **Wear a mask** (age 2+). Everyone needs to wear a face covering. Do NOT wear masks with breathing valves. These do not provide the protection we need. If you do not have a mask, we can give you one. If you or the person with you refuses to wear the right kind of face covering, we may need to reschedule your procedure to another day.



Checking in

1. When you enter the building, you and the people helping you (the person responsible for getting you home with discharge instructions, or your support person) will go through a **screening checkpoint** to make sure you do not have COVID-19 symptoms. The person with you needs to be screened but does not need a COVID-19 test.
2. Next, check in at the **admitting desk** and sign paperwork.
3. Go to the **pre-surgery location** or waiting area. The person responsible for your discharge instructions and transportation can come with you to the waiting area but is not allowed in the pre-/post-procedure area.
4. The support person for a patient with a disability will be allowed to be with the patient at all times in the hospital.

The day of your surgery (continued)



Responsible adult and support person

- Bring contact information for the adult who is responsible for your discharge instructions and getting you home. That way we can let them know when to get you.
- When your responsible adult or support person is not with you, they should try not to move around the hospital too much. They can wait:
 - ☑ At home if they live within 50 miles of OHSU, or
 - ☑ In their car in a spot with cell service, or
 - ☑ In one of these designated waiting spaces:
 - Main Hospital
 - 9th floor surgery waiting area, including hallway seating
 - Sam Jackson Hall lobby seating
 - Center for Health & Healing
 - Building 1, 4th floor surgery waiting area, including seating in elevator lobby and along skybridge to Building 2
 - Building 2, 4th floor surgery waiting area, including seating along skybridge to Building 1
- If you get moved to your own patient room, 1 visitor can be there with you. Patients with disabilities will also have their support person with them.

- **Possible schedule changes.** We may have to reschedule your procedure if there is an increase in COVID-19 cases. We will keep your best interests in mind when making these decisions. Thank you for your understanding.