

# Additional instructions for preparing for your procedure 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 procedure. **We update our guidelines based on the current COVID-19 situation. They may have changed since the last time you were here. Thank you for helping us keep us all safe.**

## 3+ days before your procedure

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### 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 procedure. You do NOT need to cancel your procedure if the time between your vaccine and procedure 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 procedure.
- Even if you are vaccinated, you still need to be tested for COVID-19 before your procedure. The vaccine will NOT give you a false positive test result.

## 2-3 days before your procedure

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### 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 procedure, especially during the 2 days before your procedure. You **CAN** leave home for COVID testing

## 2-3 days before your procedure (continued)

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### Get tested for COVID-19

- We will call you to talk about coronavirus testing.
- You will need a PCR test within **2-3 days before your procedure**, depending on what your procedure is. 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, we may need to reschedule your procedure.**

#### OHSU testing sites:

- **Portland Expo Center – Appointments Required**  
Call 833-647-8222 or go to [www.ohsu.edu/covidtest](http://www.ohsu.edu/covidtest)  
2060 N Marine Dr, Portland, OR 97217  
7:30 a.m. – 7:30 p.m. Monday – Wednesday  
7:30 a.m. – 5:00 p.m. Thursday – Friday
- **OHSU Pre-Op Medicine Clinic, CHH 2**  
3485 S. Bond Ave, Portland, OR 97239  
2 p.m. – 5 p.m. Monday - Friday  
7 a.m. – 5 p.m. Saturday, Sunday and holidays



### Report COVID-19 symptoms

- Check for symptoms every day.
- Let your procedural team or scheduler 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](http://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 procedure

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### Coming to the hospital

- You must have **1 healthy adult** (age 18+) available and responsible for getting your discharge instructions and to take you home after your procedure.
- 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/caregivers and have **1 support person/caregiver** with you in the hospital.
- **1 healthy adult visitor per day** is allowed to visit you in your hospital room during visitation hours if you are staying overnight. Patients with disabilities can have 1 support person in their overnight hospital room at a time.
- We request all who are visiting or supporting a patient to either be **fully vaccinated** OR have a **negative COVID-19 test result within the last 72 hours**.
- **Wear a mask** (age 2+). Everyone needs to wear a face covering at all times. 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 refuse to wear the right kind of face covering, we may need to reschedule your procedure to another day.
- Remember to limit the personal items you bring with you.



### Checking in

1. When you enter the building, you will go through a **screening checkpoint** to make sure you and the person with you do not have COVID-19 symptoms.
  2. Next, check in at the **admitting desk** and sign paperwork.
  3. Go to the **pre-procedure location** or waiting area.
- **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.

