

# MOUNT NITTANY HEALTH COVID-19 PRE-SURGICAL/PROCEDURE TESTING INSTRUCTIONS



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

- Your surgeon/physician will provide you with an order and instructions for COVID-19 testing. This will need to be completed **2 to 4** days prior to your procedure. COVID -19 testing is only available Monday through Friday (testing is NOT available over the weekend). Test results will be sent to your surgeon. This COVID-19 testing is required regardless of vaccination status.
- Your surgeon/physician will set up and provide you with specific instructions on the date, time, and location of when to obtain COVID-19 testing, as results are time sensitive. It is very important to complete this testing. If it is missed, it can delay or cancel your procedure.

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

- Please limit your exposure risk by social distancing in public, avoiding large groups and gatherings (greater than 10 people), 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. This includes individual that have been vaccinated.
- Avoid non-essential activities 7 days prior to your procedure is discourage, such as social gatherings, eating in bars/restaurants, weddings, church, public events, and unnecessary travel.
- Non-essential traveling 7 days prior to your procedure is discouraged and may result in a delay or cancellation of your surgery/procedure. However, if you need to travel for work, please speak with your surgeon's office/physician's office and inform the nurse who will be contacting you for your PAT nurse interview.
- Please notify your surgeon/physician or anesthesia team **by telephone** for further instructions if you develop any new symptoms including fevers, cough, shortness of breath, loss of taste or smell, sore throat, abdominal pain, diarrhea, or vomiting, OR if you have had a known exposure to anyone who is positive for COVID-19.
- If you have any questions about these instructions and how to prepare for your upcoming surgery/procedure, 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 and COVID testing will also be reviewed for you and those living in your household.
- 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. Visitors are may be limited, unless special circumstances exist. Please ask about our current policy when you receive your surgery and/or procedure time.

\*\*\*If you have any questions, please contact your surgeon/physician\*\*\*