Preparing for Surgery or Procedure During COVID-19

Thank you for choosing North Memorial Health for your surgery!

The health and safety of our customers and team members are always our top priority. We are taking extra measures during this COVID-19 pandemic to ensure a safe environment for you and/or your loved one, as well as our team. We are following all current guidelines from the CDC and the Minnesota Department of Health.

Additionally, we are asking all customers to **follow the steps** below to help you better prepare for surgery and avoid the risk of having a delay or cancellation of your surgery or procedure.

Prior to Surgery or Procedure:

Self-Quarantine

- In the two weeks prior to surgery or procedure, you are advised to stay home if possible and avoid non-essential activities, such as social gatherings, to the extent possible prior to your procedure. If outside the home, such as at work, a mask should be worn consistent with MN state guidance.
- Why 2 weeks?
  - It can take up to 14 days to develop symptoms after contracting COVID-19. For this reason, we recommend you to stay home and isolate, if possible, during this time.

Pre-Surgery or Pre-Procedure COVID-19 testing

- If you need a COVID-19 test prior to your surgery or procedure, plan to have the test **7 days prior to your surgery or procedure** to allow for test turnaround time.
- It is important you get the right test. Not all tests are approved for pre-surgical or pre-procedure clearance. North Memorial Health and the Minnesota Department of Health/Vault Health offer approved testing. If you are unable to test through either of these options, check with your surgeon's office to find a site with approved testing. **Your surgery or procedure will be rescheduled if an approved test was not used.**
- If you are scheduling a test at a location without guidance from your surgeon, we urge you to check with your testing location that the test meets these requirements:
  - The sample must be a nasopharyngeal sample. The only approved saliva test is offered by the Minnesota Department of Health (Vault Health).
  - The test must be a molecular test (PCR). Antigen tests and antibody tests are not approved to safely confirm you are truly without COVID-19 (not sensitive enough to be used if you're not having symptoms).
- Your test results will be sent to your primary care provider and communicated to the surgeon.
  - If you test positive for COVID-19, your procedure will be postponed (unless it is emergent)
  - If you test negative for COVID-19, your procedure will proceed accordingly.
- I tested negative, do I need to avoid non-essential activities prior to my procedure or surgery?
  - Yes. Staying home, isolating, and avoiding non-essential activities ensures you don't contract the virus between the time you get tested and present for surgery or your procedure.

Day of Surgery or Procedure:

- You will be screened the day-of surgery or procedure for COVID-19 symptoms. If symptoms are present the day of surgery, your surgery or procedure will be rescheduled and you will be asked to return home and self-quarantine appropriately.
- For the health and safety of our customers and team members, we continue to limit visitors in our facilities. Review our visitor guidelines prior to your surgery to learn more.

One healthy family, keeping each other safer:

At North Memorial Health, the wellness and safety of our team members and customers are always our top priority. As a health family, we are doing our part to ensure a safer environment for all, and we are asking everyone to do their part too. This includes masking when on-site, maintaining 6 feet between you and your nearest neighbor, consistently cleaning and disinfecting spaces, and screening everyone for COVID-19 symptoms upon arrival to a North Memorial Health location.

If you have any questions, you can ask your surgeon or the clinic staff. You can also call

- North Memorial Health Hospital: **(763) 581-3790**
- Maple Grove Hospital: **(763) 581-1330**

Thank you for your understanding and for trusting us with your care.

A partnership of North Memorial Health and Fairview