



Preoperative COVID-19 Testing Patient Education

Plan

You have been tested for COVID-19 to rule out infection prior to your scheduled surgical procedure. Preoperative COVID-19 testing protects patients as well as providers. Patients, who have the virus, even if they do not have symptoms, may spread it to others. They are also at higher risk for severe complications after medical procedures. Patients are typically tested 5-7 days prior to their procedure or admission. We encourage you to avoid potential exposures by staying home and following the general COVID-19 prevention guidelines between the time of your testing and your scheduled procedure or admission.

Results

You can expect results to be completed and back to you at a minimum of 72 hours. Depending on the influx of testing throughout the state, this may take longer. It is important to communicate your COVID-19 results to the facility where your procedure will take place. If your test results come back positive, there may be a chance the surgical facility may postpone your surgery to a later date.

Recommendations for a POSITIVE COVID-10 Test

If your preoperative COVID-19 test results are positive, you will be required to isolate at home and away from others. Notify the surgical facility immediately of the positive test result. The surgical facility will provide further direction regarding your surgical procedure. It is recommended to isolate at home for at least 10 days since symptom onset or date of first positive test (if you were asymptomatic), **AND** fever free for 24 hours without the use of fever reducing agents, **AND** you have had improvement of symptoms.

Recommendations for a NEGATIVE COVID-19 Test

It is recommended that you restrict activities outside your home as much as possible after being tested. If you need to go out in public, you should wear a face covering over your mouth and nose when other people are present and keep a distance of 6 feet from others.

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if your hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

If at any point in time you become ill, notify the surgical facility immediately and they will provide you with further instructions regarding your surgery.

References:

CDC (2020). What to Do If You Are Sick. Retrieved on July 23, 2020 from:
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

CDC (2020). Interim Guidance for Discontinuation of Isolation for Persons with COVID-19 Not in Healthcare Settings. Retrieved on July 20, 2020 from:
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

MDH (2020). Symptoms and Testing:COVID-19.Retrieved on September 24, 2020.
<https://www.health.state.mn.us/diseases/coronavirus/symptoms.html>

01-092 Rev: 11/4/2020