

What to Expect for Your Surgical Procedure

As your health partner, your health and safety is our number one priority. As you prepare for a surgical procedure, we want to reassure you that we have special precautions in place for your safety.

COVID 19 Testing

Patients having an elective procedure at CHI Health St. Mary's will be required to have a COVID-19 test within 72 hours, or 3 days of their scheduled procedure.

Testing Information Prior to Your Procedure:

- Testing will require a scheduled appointment to facilitate social distancing in testing areas
- **To schedule your test, call 402-873-4242.**
 - **Testing is conducted 7 days per week from 8:00 a.m. – 9:00 a.m.**
 - **CHI Health St. Mary's, 1301 Grundman Blvd., Nebraska City, NE**
- If you are positive for COVID-19, your procedure will be rescheduled for a later date so you may recover
- Once testing is completed, it will be important to self-isolate until the day of your procedure to continue to minimize your exposure to COVID-19
 - Self-isolation includes staying home as much as possible
 - Avoid public areas and public transportation
 - Isolate yourself from the other people in your home and use a separate bathroom if possible
 - If you have to go out, wear a mask and wash your hands frequently
 - We know this can be difficult to do and recommend this resource to ensure you can address mental health needs in this time of social distancing.
<https://www.chihealth.com/content/dam/chi-health/website/documents/social-distancing-mental-health.pdf>
- Testing 72 hours prior to the procedure will allow time for results to be reviewed and confirm you are negative for COVID-19

Screening Questions for COVID-19

Staff will ask COVID-19 screening questions during your Pre-Admission call, on arrival to the facility at our entrance points, and in the pre-op area on the day of the procedure. Screenings are to ensure you remain healthy prior to your procedure.

CHI Health
St. Mary's



Keeping you Safe

Our hospital and surgical teams are ensuring your safety in several ways while you are in our care:

- Your care teams will be wearing surgical masks and performing frequent hand hygiene.
- Upon arrival, we will provide you with a hospital-approved mask. We ask that you wear it when in the facility.
- One support person may accompany you during your stay and surgical procedure, they will be provided with a mask and asked to wear it when in the facility.

Visitation Policy

Due to heightened concerns about the spread of COVID-19, NO additional visitors are allowed in our facilities and clinics. Thank you for your understanding and cooperation. We appreciate your assistance as we do all we can to keep you, your loved ones, our staff and our communities safe.

Your loved ones can stay connected with you by:

- Using your personal phone or video conferencing (FaceTime, Zoom, etc.)
- Sending a message to a hospitalized patient using our patient eGreeting online service
- Calling the hospital to check on your status or connect to a patient's room
 - For a list of hospitals and phone numbers, go to CHIhealth.com/campus

In limited circumstances, a healthy adult support person may be present for the following:

- Patient presenting to the emergency department (limited to one support person if needed)
- Labor/Delivery patient (limited to one labor partner)
- NICU and post-partum infant (limited to two parents/guardians)
- Pediatric/Minor patient (limited to one parent/guardian)
 - 19 years or younger in Nebraska, 18 years or younger in Iowa
- Dependent adult needing special assistance from a support person (as determined by the care team)
- Patient care partner needing teaching and instructions prior to discharge (as determined by the care team)
- Outpatient and clinic patient needing a support person and/or transportation assistance (limited to one)
- Patient receiving end-of-life care (number to be determined by the care team)
- Special circumstances (as identified by the care team)

The purpose of support persons is to assist with specific needs of the patient, as identified by the patient's care team. All support persons must:

- Enter through designated entrances to check in and be screened for risk of illness
- Follow all infection prevention and other CHI Health guidelines. Anyone violating these guidelines will be required to leave the facility

After your Procedure

Following your procedure, you will go to recovery for approximately 1-2 hours. Your surgeon should be able to tell you whether he/she expects you to discharge after recovery or be admitted to the hospital for post-surgical care.

- If admitted your designated caregiver will be called and provided the inpatient unit's telephone number
- If you are discharging home, we will coordinate the pick-up time and location with your designated caregiver during your recovery
 - Detailed instructions would be given to your designated caregiver over the phone. Specific instructions for COVID-19 safety will be provided at this time as well
 - At discharge, the care team will transport you in a wheel chair and wait with you for your ride
 - Your designated care giver will be asked to wait and meet you at the entrance. Our team member will assist you into the vehicle and ensure your caregiver receives the paper copies of discharge instructions previously reviewed with them over the phone

We are grateful you have chosen to receive your care with us and will do everything we can to support you and your loved ones through this day.