



PREPARING FOR YOUR PROCEDURE

Thank you for choosing **TMC HealthCare** for your health care needs. Below are some things you'll need to know before having your elective surgery/procedure:

Prior to your procedure

Prior to a procedure, patients will receive a phone call from one of our medical staff to review the required screening and potential pre-procedural COVID-19 testing. If you are unable to schedule a test, your procedure may be canceled.

- Testing will be done approximately 4-7 days prior to a procedure. You should expect a call from a TMC representative to schedule your test.
- Testing will be done via curbside testing at El Dorado Health Campus and you will be given instructions on when/where to arrive.
- Testing requirements include a small swab inserted deeply into the nose - it may cause slight discomfort.
- You will be called with results prior to arriving to the hospital for your procedure or surgery.
- Bring all necessary insurance forms, medical history and photo ID.
- After your test, please self-isolate at home until your procedure is completed. If you develop a fever, cough or difficulty breathing or any other new symptoms, call your PCP, surgeon and Pre-Anesthesia Testing, (520) 324-1446.

Day of procedure

Plan to arrive 2 hours prior to your procedure.

- Wear a face covering and report to the Main Tower entrance of the hospital or Labor and Delivery for women's surgery.
- A verbal screening and temperature acquisition will take place at the entrance for all visitors and patients.
- Bring any medical records/forms with you.
- Follow all pre-procedure instructions **including** instructions regarding food and drink.

Procedure preparation

A nurse will escort you to the appropriate area and take your vitals. If you have a fever, recent history of exposure to COVID-19 or having a high-risk procedure, your physician may postpone your procedure.

Visitor Policy

- You will be allowed one visitor to come into Pre-op with you. In certain cases (Pediatrics, ICU), one visitor may be allowed to wait in the lobby until the surgeon consults with them. Please have your visitor bring a face covering to enter the facility.
- Visitors will be asked to return to their car after you are taken to surgery. We have designated shaded parking spaces on the second floor of our parking garage for those waiting for surgery patients.





PREPARING FOR YOUR PROCEDURE

After your procedure

Recovery and Pick-up

A recovery nurse will help you prepare for your return home after your procedure. You will receive any prescriptions necessary and written instructions for your care at home. Our staff will escort you to the entrance to be picked up by your family member or friend.

Payment plans

We understand this has been a challenging time and to support our patients, we have a variety of payment plans and options to help you. You can ask for more information prior to the surgery or set this up after your procedure.



PREPARING FOR YOUR CHILD'S PROCEDURE

Thank you for choosing **TMC HealthCare** for your health care needs. Below are some things you'll need to know before your child has their procedure:

Prior to procedure

Prior to a procedure, parents will receive a phone call from one of our medical staff to review the required screening and potential pre-procedural COVID-19 testing. If you are unable to schedule a test, the procedure may be canceled.

- Testing will be done approximately 4-7 days prior to a procedure. You should expect a call from a TMC representative to schedule your child's test.
- Testing will be done at the Pediatrics Emergency Department at TMC and you will be given instructions on when/where to arrive.
- Testing requirements include a small swab inserted deeply into the nose - it may cause slight discomfort.
- You will be called with your child's results prior to arriving to the hospital for their procedure or surgery.
- Bring all necessary insurance, medical history and photo ID.
- After their test, please have your child **self-isolate** at home as best as they can. If your child develops a fever, cough or difficulty breathing or any other new symptoms, call your PCP, surgeon and Pre-Anesthesia Testing, (520) 324-1446.

Day of procedure

Plan to arrive 2 hours prior to your child's procedure.

- Bring a face covering for you and your child and report to the Main Tower Entrance of the hospital or Labor and Delivery for women's surgery.
- A verbal screening and temperature acquisition will take place at the entrance for all visitors and patients.
- Bring any medical records/forms with you.
- Be sure your child follows all pre-procedure instructions **including** instructions regarding food and drink.

Procedure preparation

A nurse will escort you and your child to the appropriate area and take your vitals. If you or your child have a fever, recent history of exposure to COVID-19 or having a high-risk procedure, your physician may postpone your procedure.

Visitor policy

- One parent will be allowed to go into Pre-op with the child. One parent may be allowed to wait in the lobby until the surgeon consults with them. Please make sure the parent has a face covering to enter the facility.
- Visitors will be asked to return to their car after your child is taken to surgery. We have designated shaded parking spaces on the second floor of our parking garage for those waiting for surgery patients.





PREPARING FOR YOUR CHILD'S PROCEDURE

After the procedure

Recovery and Pick-up

A recovery nurse will help you prepare for your child's return home after their procedure. You will receive any prescriptions necessary and written instructions for your child's care at home.

Payment plans

We understand this has been a challenging time and to support our patients, we have a variety of payment plans and options to help you. You can ask for more information prior to the surgery or set this up after your child's procedure.





Self-Isolating After Your COVID-19 Test

Thank you for choosing **TMC HealthCare** for your health care needs. Now that you have been tested for COVID-19 and are awaiting your results, please consider the guidelines below as you self-isolate to ensure your safety prior to your procedure.

Isolation

Isolation is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected. People who are in isolation should stay home as much as possible until their procedure date.

At home

In the home, patients should separate themselves from others by staying in a specific room or area and using a separate bathroom and bedroom (if available). Avoid sharing dishes, glasses, bedding and other household items.

Social distancing

If you have to leave your house, please make sure to follow social distancing guidelines as much as possible. Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6 feet (about two arms’ length) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

Face coverings

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain. Cloth face coverings should fit snugly but comfortably against the side of the face, be secured with ties or ear loops, include multiple layers of fabric, allow for breathing without restriction and be able to be laundered and machine dried without being damaged.

If you develop a fever, cough or difficulty breathing or any other new symptoms after your test, please call your PCP, surgeon and Pre-Anesthesia testing, (520) 324-1446.





Preparándose para su procedimiento

Gracias por elegir a TMC Healthcare para sus necesidades de salud. A continuación, encontrará algunos detalles que debe de saber antes de su procedimiento.

Antes del procedimiento

Antes de un procedimiento, los pacientes recibirán una llamada telefónica por parte de nuestro personal médico para repasar las pruebas de detección requeridas y la posible prueba de COVID-19 antes del procedimiento. Si no puede programar una prueba, su procedimiento puede ser cancelado.

- La prueba se llevará a cabo aproximadamente 4-7 días antes del procedimiento.
- La prueba se realizará vía servicio al auto en El Dorado Health Campus y se le darán instrucciones sobre a donde debe llegar.
- Los requisitos para la prueba incluyen insertar un pequeño hisopo profundamente en la nariz – puede ser un poco incomodo.
- Le llamarán por teléfono con los resultados antes del procedimiento.
- Por favor traiga consigo todo lo necesario sobre su seguro médico, historial médico e identificación con foto
- Después que se realice la prueba, por favor aíslese solo en casa hasta que ya se haya completado su procedimiento. Si usted empieza a tener fiebre, tos, o dificultad para respirar o cualquier otro síntoma nuevo, llame a su médico de cabecera, cirujano y al centro de exámenes de pre-anestesia al 520-324-1446.

Día del procedimiento

Anticipo llegar 2 horas antes de su procedimiento

- Por favor utilice un cubre bocas y llegue por la entrada de la torre principal del hospital o entrada de labor y parto
- En la entrada, a todos los visitantes y pacientes se le harán unas preguntas de detección y le tomarán la temperatura.
- Traiga consigo todos los expedientes/formularios médicos.
- Por favor, siga todas las instrucciones de preoperatorio indicadas, incluyendo las indicaciones en cuanto a comidas y bebidas.

Preparación para el procedimiento

Una enfermera(o) le acompañará al área de preoperatorio y le tomará sus signos vitales. Si usted presenta fiebre, historial de haber estado expuesto(a) recientemente al COVID-19 o de ser un procedimiento de alto riesgo, su médico quizá posponga su procedimiento.

Política para visitas

- Se le permitirá 1 visitante (con un cubre bocas) que lo acompañe al área de preoperatorio. En ciertos casos (Pediatria, Unidad de Cuidados Intensivos), es posible que se permita que un visitante espere en el vestíbulo hasta que el cirujano hable con la persona.
- Al visitante se le pedirá que regrese a su auto después de que lo lleven a cirugía. Hay espacios sombreados en el estacionamiento torre para que espere.





Preparándose para su procedimiento

Después de su procedimiento

Recuperación y zona para recoger al paciente

Una enfermera(o) de recuperación le ayudará a prepararse para su regreso a casa después de su procedimiento. Usted recibirá cualquier receta necesaria e instrucciones escritas para su cuidado en casa. Nuestro personal le acompañará a la entrada donde lo podrá recoger un miembro de su familia o amigo(a).

Planes de pago

Entendemos que estos son tiempos difíciles y para apoyar a nuestros pacientes, contamos con una variedad de planes de pago y opciones para ayudarlo. Puede solicitar más información antes de su cirugía o hacer algún arreglo después de su procedimiento.