



**Ascension
Saint Thomas**

Rutherford Pre-Op Medicine Clinic (POMC)

1700 Medical Center Pkwy
Murfreesboro, TN 37129
P: 615-396-6021

PATIENT INFORMATION:

Name: _____ Surgeon: _____

POMC Testing Date/Time: _____

If needed you must pre-admit at the Pre-Operative Medicine Clinic no less than 7 business days or more than 30 days prior to your surgery. If you need to make changes to your appointment, please call **615-396-6021**
Please arrive on time otherwise your appointment may need to be rescheduled which could affect your surgery date.

Surgery Date/Anticipated Time: _____

Plan to arrive at least 2-3 hours prior to your surgery time but no earlier than 5:00 AM.

Pre-Admission Testing (POMC)-you can expect to receive a phone call from a nurse a few days prior to your appointment to begin the pre-admission process

Please bring on the day of your POMC appointment:

- Insurance Card
- Photo ID
- Medications (in original bottle or a detailed list that includes dosage and frequency)
- Any copy of Living Will/Power of Attorney (if you have one)
- EKG within the last 6 months (if you have had one)
- Lab work within 1 month of surgery date (if available)
- Any pacemaker/stent cards (if available)
- A list of all medical providers and their phone numbers involved in your care

Day of POMC Appointment

- Take your medications as usual
- You can eat and drink as usual
- Patient should be able to provide a medical history to nurse
- If your surgeon has ordered a brace you may be fitted during your POMC visit

Day of POMC appointment:

The following **MAY** be required at the appointment:

- Urine sample
- EKG
- Blood work (You do not need to fast, eat/drink as you normally would)

Before Surgery Checklist:

- You will receive instructions about when to stop eating and drinking before your surgery at your POMC appointment
- **Please review all educational materials you receive at your POMC appointment**
- Bring a detailed list of your medications (do not bring your medications to the hospital)
- Start using Incentive Spirometer the day it is given to you at your POMC visit

Day of Surgery Parking

- You will receive printed parking instructions along with a map at your POMC appointment to get you to your parking area