



**Ascension  
Saint Thomas**

**WEST Pre-Op Medicine Clinic (POMC)**

4220 Harding Pike  
5th Floor, Main Hospital Building  
Nashville, TN 37205  
P: 615-222-6737  
F: 615-222-4829  
RITE FAX: 615-742-7235

**PATIENT INFORMATION:**

Name: \_\_\_\_\_ Surgeon: \_\_\_\_\_

POMC Testing Date/Arrival 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 **615-222-6737**  
**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:**

- This packet filled out
- 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 spine brace you may be fitted during your POMC visit

**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

## Directions to the hospital

Ascension Saint Thomas West Hospital (Pre-Op Medicine Clinic)  
4220 Harding Pike  
Nashville, TN 37205

If you're traveling from I-65:

- Merge onto I-440 West
- Take Exit 1 - West End going west
- Ascension Saint Thomas West will be on your right

If you're traveling from I-40 West:

- Merge onto I-440 East
- Take Exit 1 - West End going west
- Ascension Saint Thomas West will be on your right

If you're traveling from I-40 East:

- Take Exit 204 - White Bridge Road
- Turn right onto White Bridge Road
- Turn left onto Harding Pike
- Ascension Saint Thomas West will be on your left

### **When you arrive at the hospital:**

Enter the E/R entrance, bypass the E/R, drive to the *STOP* sign, park in the underground parking for doctor's appointments or there is free valet parking available right after underground parking-pull down to the half circle (Medical Plaza West) for valet.

### **Directions to the POMC after parking in the Doctor's Medical Plaza Building:**

Take the **EAST** elevators to the 5th floor, as soon as you step off look up in the ceiling; you will see a sign that says **Imaging & Lab**, go toward the sign and up the ramp, go through the **closed double doors** to your LEFT, follow the long hallway into the hospital, step off carpet, pass double doors on right, sign on wall (*Pre-Operative Medicine Clinic*). You have arrived 😊

### **If you park in Seton garage:**

Take elevators to level D, proceed down the long hallway until you see the gift shop on the right, take the elevators on the left to the 5th floor, go opposite of the patients rooms, at end of short hallway turn left, pass double doors on right, sign on wall (*Pre-Operative Medicine Clinic*). You have arrived 😊