



MANHATTAN REPRODUCTIVE SURGERY CENTER

PREOPERATIVE SELF-ISOLATION RECOMMENDATIONS:

At Manhattan Reproductive Surgery Center, the health and safety of our patients is our **top priority**. We have taken thoughtful and comprehensive measures to prevent the spread of infection in our facilities, including routine COVID-19 screenings for staff and patients, face covering requirements, continued restriction of visitors, as well as extensive cleaning and sanitization within our facility. To protect you and others, all patients will be tested for COVID-19 prior to having a surgery or procedure.

After receiving a COVID-19 test, we encourage you to follow the self-isolation recommendations below to the best of your ability:

STAY HOME. You should restrict activities outside your home, except for getting medical care. Avoid public areas. Avoid using public transportation, ridesharing, or taxis.

SEPARATE YOURSELF from other people and pets in your home. Maintain a 6 ft. distance between you and others. Use a separate bathroom, if possible.

WEAR A FACE MASK. You should wear a face mask when you are around other people or pets, and before you enter a healthcare provider's office.

CLEAN YOUR HANDS. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, going to the bathroom, and before eating or preparing food. If soap and water are not available, use an alcohol-based hand sanitizer. Use an alcohol-based hand sanitizer with at least 70% of alcohol, covering all surfaces of your hands and rubbing them together until dry. Avoid touching your eyes, nose, and mouth.

AVOID SHARING personal household items. You should not share dishes, drinking glasses, towels, or toothbrushes with other people in your home. After using these items, they should be washed thoroughly with soap and water.

DISINFECT all "high-touch" surfaces every day. High touch surfaces include counters, tabletops, doorknobs, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

DURATION of self-isolation: You should self-isolate from the time the test is taken until the day of your surgery or procedure. If your test comes back negative for COVID-19, your scheduled appointment will remain. If your test comes back positive, your surgery/procedure will be postponed until further notice.

Thank you for putting your trust in care with Manhattan Reproductive Surgery Center.