



CAPITOLA
SURGERY
CENTER

At Home Covid-19 Testing Before Your Surgery

Capitola Surgery Center is committed to meeting the highest safety standards when it comes to our patients, physicians, and staff. Rest assured that our care team will take every reasonable measure to limit your risk of exposure to COVID-19 during your procedure. To meet this goal, we require you to be tested for the COVID-19 virus 7 DAYS BEFORE your scheduled surgery date. Failure to do so will result in cancelling or rescheduling your procedure. In an effort to make this process as simple and painless as possible MPSC is pleased to offer you an at-home COVID-19 testing kit. Getting your test done before your procedure is now as easy as 1-2-3!

Step 1. Receive your COVID-19 at-home test kit.

An at-home COVID-19 test kit will be delivered to the home address you have on file with your physician's office. To ensure you receive the kit in time for your surgery, we will send the test kit several days or even weeks before your procedure. If you receive your test early, please do not take the test until exactly 7 days before your surgery.

Step 2. Take the Covid-19 a-Home Test and Return it to the lab.

You must take the test 7 days before your scheduled procedure. Detailed instructions on how to collect the specimen for the test are included with your test kit and are also provided online at montereyurgerycenter.com/plan-your-visit/prepare/.

Your test must be returned to our offices no later than 5 days prior to your scheduled procedure.

If for any reason you are not comfortable taking the test at home or feel that you cannot meet the above requirements, please contact the Capitola Scheduling Department (831.264.5566) to schedule an in-person Covid-19 test at our facility located at 966 Cass St., Monterey.

Step 3. Prepare for your surgery.

Following this test, you are required to self quarantine at home for the entire time prior to arrival at the facility for your surgical procedure. Please also continue to follow CDC guidelines to limit your exposure to the COVID-19 virus. This includes:

- Following physical distancing and handwashing guidelines.
This applies to the person who will be bringing you to and from surgery.

- Avoiding contact with others outside your household
Limit outings as much as possible prior to surgery.
- Checking for COVID-19 symptoms daily.
Symptoms may include: Fever or chills • Cough • Shortness of breath or difficulty breathing • Fatigue • Muscle or body aches • Headache • Recent loss of taste or smell • Sore throat • Congestion • Nausea or vomiting • Diarrhea

Please follow the links below to learn more about the at-home testing kit, how to perform the test and how to return your kit to the lab.

[How to take the at-home COVID-19 test – instructional video](#)

[How to take the at-home COVID-19 test – step by step instructions](#)

[How to return the at-home COVID-19 test – shipping instructions](#)

We thank you for entrusting your surgical care to Capitola Surgery Center and look forward to caring for you soon!