

COVID-19: 医疗程序须知

COVID-19: What to Expect When You Have a Procedure (Chinese)

该讲义包括进行医疗程序前您所需要了解的重要信息，以及有关COVID-19检测的常见问题与解答（FAQs）。This handout includes important information you need to know before your procedure and Frequently Asked Questions (FAQs) about COVID-19 Testing.

如有疑问、需安排预约或其他信息，请联系： For questions, to schedule or for additional information contact:

- COVID 热线: (734) 763-6336 COVID Hotline: (734) 763-6336

进行医疗程序之前，我是否需要检测COVID-19？ Will I be tested for COVID-19 before my procedure?

是。我们希望确保您在医疗程序当天健康，以利康复。所有安排进行医疗程序的患者均需在医疗程序前接受COVID-19的检测。出于安全考虑，此要求将一直持续，直至不再需要为止。

Yes. We want to make sure you are healthy on the day of your procedure so that you can recover well. All patients who are scheduled for a procedure will be tested for COVID-19 before the procedure. We will continue this practice until it is no longer deemed necessary for safety.

我什么时候进行检测？ When will I be tested?

您将在医疗程序前48到96小时接受检测。这可让您有足够的时间进行检测，并在医疗程

序前得到检测结果。同时，检测时间与您的医疗程序时间足够接近，从而可降低这段时间您在社区中暴露于患有COVID-19的人的风险。检测结果仅在您医疗程序的日期和时间前的96个小时内有效。许多患者於医疗程序前需重复检测。

You will be tested 48 to 96 hours before your procedure. This allows enough time for you to have the test and get your result before the procedure. It is also close enough to your procedure time that your risk of being exposed to someone with COVID-19 in the community in the time between the test and your procedure is decreased. Test results are only good for 96 hours before your procedure date and time. Many patients will have to repeat the test before their procedure.

我在哪里进行检测？ Where will I be tested?

在安排医疗程序时，工作人员会帮助您选择密西根医学部的检测地点或离您较近的检测地点。您需要在免下车检测站点进行预约以进行检测。您还可以使用密西根医学部的COVID检测地点定位网站来进行查询：<http://michmed.org/xoWVR>.

At the time of scheduling the medical procedure unit staff will help you choose a Michigan Medicine location or a location closer to you. You will need to have an appointment at the drive-thru site to be tested. You can also look for local facilities with the Michigan Medicine COVID testing locator:
<http://michmed.org/xoWVR>.

我的结果什么时候会出来？ When will my results be available?

如果您使用的是密西根医学部的免下车测试站点，则在测试完成后24到48小时即可获得结果。结果将显示在您的医院门户（Portal）中。如果结果呈阳性，则医生办公室的人会致电给您进行讨论。

如果您的检测地点是在离家较近的其他地方，您的医生将与检测地点联络以取得结果。如

果呈阳性，结果出来后，您医生办公室的人会给您打电话。

If you use one of Michigan Medicine's drive-thru testing sites, your results will be available 24 to 48 hours after the test was completed. The result will appear in your portal. If the result is positive, someone from your doctor's office will call you to discuss it.

If you are tested at a different location closer to your home, your doctor will work with the testing location to get your result. If it is positive, someone from your doctor's office will call you once the result comes in.

我如何确保在测试和医疗程序这段时间之间不会感染COVID-19? How do I make sure I don't get COVID-19 between the test and the procedure?

我们强烈建议您在COVID-19检测和医疗程序之间这段时间与他人隔离。这是让您在医疗程序当天保持健康的最佳方式。

We strongly recommend that you isolate yourself from others in the time between your COVID-19 test and your procedure. This will give you the best chance of staying healthy on the day of your procedure.

自我隔离意思是：Isolating yourself means:

- 您待在家里，并尽可能与家中其他人呆在不同的房间。You stay home, and stay in a different room from others in your home as much as possible.
- 您不可：You do not go:
 - 离开居住的地方Outside where you live
 - 去公共场所Out in public
 - 去户外Outdoors
 - 去商店To the store
 - 去公园To parks

- 去上班To work
- 您应该勤洗手，避免触碰脸。You should wash your hands often and avoid touching your face.
- 往返于检测站点和您接受医疗程序的地点时，请戴口罩。Wear a mask when traveling to and from both the testing site and your procedure.

常见问题：司机 FAQs: Drivers

我的司机可以在医疗程序前陪我吗？

Can my driver stay with me before my procedure?

如果您的医疗程序需要镇静剂，则必须有一个负责任的成人同伴开车送您去约诊并帮助您办理登记。您的司机将收到传呼设备。在等待您做检查期间，我们鼓励其为保持社交距离去自助餐厅、去散步或在车中等待，而不是在等候室等待。司机将不被允许陪同您进入术前区域。

If you are having a procedure which requires sedation, you must have a responsible adult companion to drive you to your appointment and help you check-in. Your driver will receive a paging device and be encouraged to practice social distancing by visiting the cafeteria, going for a walk, or waiting in their car while your procedure is performed instead of waiting in the waiting room. Drivers will not be allowed to accompany you to the pre-op area.

检查过程中我的司机应该去哪里？ Where should my driver go during the procedure?

您的司机必须遵守建筑物中所有人须遵守的相同规定。规定包括戴口罩并与他人保持至少6英尺的距离。与他人保持这样的距离可能意味着等候区没有足够的空间供司机们使用。

您的司机可能想去走廊散步、去自助餐厅或在车上等候。他们应始终随身携带在约诊登记时收到的传呼机。

Your driver must follow the same rules for all persons in the building. The rules include wearing a mask and staying at least 6 feet from others. Staying this distance from others may mean there is not enough room in the waiting area for drivers. Your driver may want to walk the halls, visit the cafeteria, or wait in their car. They should keep the pager they received at check-in with them at all times.

医疗程序后我的司机可以和我一起吗？ Can my driver be with me after my procedure?

您离院之时司机会收到通知，然后他们就会与您会合。您的医疗团队会为您提供出院指导，并确保您理解它们。某些患者在医疗程序后比其他患者更清醒。如果您的护理团队担心您不是足够的清醒来理解出院指导，他们将在您离开之前与您的司机会面，向其详细交代出院指导。

Your driver will receive a notification when it is time for your discharge and they will join you then. Your healthcare team wants to give you your discharge instructions and make sure you understand them. Some patients are more awake than others after a procedure. If your care team has any concern that you are not awake enough to understand the discharge instructions, they will meet with your driver to go over the discharge instructions before you leave.

常见问题：安全 FAQs: Safety

如果我的医疗程序被延迟，或者所费时间比预期长怎么办？ What if my procedure is delayed, or takes longer than expected?

在密西根医学部，患者安全是我们的首要任务。如患者需更多的时间或医疗程序比预计的时间要长，则可能会有所延迟。患者安全包括为患者提供干净、卫生的诊疗环境，这也可能导致延迟。感谢您的耐心配合和谅解。如果您对延迟有任何疑问，请前往登记前台以获取最新消息。

At Michigan Medicine our first priority is patient safety. There may be delays if we will need to spend extra time with a patient or a procedure is taking longer than planned. Patient safety includes a clean, sanitized space for patient care, which can also cause delays. We appreciate your patience and understanding. If you have questions about a delay, please visit the check-in desk for an update.

清洁过程是否能杀灭COVID-19病毒？ Will the cleaning process kill the COVID-19 virus?

是。在医疗程序中使用的所有设备经过清洁和消毒可以杀灭COVID-19病毒。

Yes. The process for cleaning and sanitizing all equipment used in the procedures areas kills the COVID-19 virus.

我是否受到保护，不会从照顾我的工作人员处受到COVID-19感染？

Will I be protected from catching COVID-19 from the staff caring for me?

是。您的安全对我们至关重要。工作人员穿戴的个人防护装备（PPE），例如手术衣、手套和口罩，可以保护您免受COVID-19感染。

Yes. Your safety is important to us. The personal protective gear (PPE), such as gowns, gloves, and masks, that the staff wear will protect you from catching COVID-19.

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何处可了解更多资讯？ Where can I learn more?

以下网站提供了非常好的有关 COVID-19 的指引： The following websites provide excellent instructions on COVID-19:

密西根医学部： Michigan Medicine

- COVID-19 疫情期间确保患者安全： Keeping Our Patients Safe During COVID-19:
www.uofmhealth.org/coronavirus/keeping-patients-safe
- COVID-19 疫情期间寻求医疗服务： Seeking Medical Care During COVID-19:
<https://www.uofmhealth.org/coronavirus/seeking-medical-care-covid-19>
- 密西根医学部患者教育网页： Michigan Medicine Patient Education Page at:
<http://careguides.med.umich.edu/coronavirus>
- 密西根医学部冠状病毒更新网页： Michigan Medicine Coronavirus Updates page at: <https://www.uofmhealth.org/covid-19-update>

其他资源： Other resources:

- 美国疾控中心（CDC）冠状病毒网站： CDC Coronavirus website at:
<http://www.cdc.gov/coronavirus>
- 密西根州冠状病毒官网： State of Michigan Coronavirus website at:
<http://www.michigan.gov/coronavirus>

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编辑修订者：Karelyn Munro BA

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Edited by: Karelyn Munro BA

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