



**Ascension
Saint Thomas**

MIDTOWN Pre-Op Medicine Clinic (POMC)

2011 Murphy Ave, Suite 110
Nashville, TN 37203
P: 615-284-7662
F: 615-284-3224
RITE FAX: 615-742-7235

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 **615-284-7662 or 615-284-4014. 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

Directions to our location

From Hendersonville/Goodlettsville/KY:

Take I-65 and merge onto I-40 E /I-65 S via exit 84A. Exit for Church St. via exit 209A. Turn right onto Church St. **Once on Church St. follow instructions below.**

From Clarksville:

Take I-24 E and merge onto I-65 S. Take I-65 and merge onto I-40 E /I-65 S via exit 84A. Exit for Church St. via exit 209A. Turn right onto Church St. **Once on Church St. follow instructions below.**

From Bellevue/Dickson:

Take I-40 E and merge onto I-65 S via exit 208A. Exit for Church St. via exit 209A. Turn right onto Church St. **Once on Church St. follow instructions below.**

From Franklin/Columbia:

Take I-65 N to I-40 W(Memphis). Continue on I-40 W through downtown. Take exit 209 to merge onto George L Davis Blvd. Turn left onto Church St. **Once on Church St. follow instructions below.**

From Chattanooga/Murfreesboro:

Take I-24 W to I-40W (Memphis). Continue on I-40 W through downtown. Take exit 209 to merge onto George L Davis Blvd. Turn left onto Church St. **Once on Church St. follow instructions below.**

From Lebanon/Mt. Juliet/Hermitage:

Take I-40 W through downtown. Take exit 209 to merge onto George L Davis Blvd. Turn left onto Church St. **Once on Church St. follow instructions below.**

Follow Church St. to 20th Ave N and turn onto 20th Ave. Ascension Saint Thomas Midtown will be on your left, proceed to the second left and turn onto Murphy Ave. Our office is on the left in the North Tower. Free Valet parking is available for our patients and visitors to the left of the building under the overhang. You may also park in any available spot in the parking lot. We are located in Suite 110 on the 1st floor beside the information desk.