

### Contact information

Benefit questions: Member Services (800) 464-4000  
Co-pay questions: (916) 784-5411  
Billing information: Patient Financial Services (800) 201-2123  
Disability questions: Medical Secretaries  
Patient Assistance Program: (916) 474-6330 option #9

If you have further questions after your POM visit please call Roseville POM (916) 784-5367 or Sacramento POM (916) 973-7709 or email us at Kp.org.

We are here to help make your surgery experience a positive one.

## Perioperative Medicine (POM) Roseville / Sacramento

- Increase convenience and access for patients
- Increase efficiency and decrease surgical cancellations
- Enhance quality, consistency, and compliance of care

### Resources

You may learn more about your surgery with the "Prepare for Your Procedure (EMMI)" program. This short video will provide you with a clear sense of what to expect before, during and after your procedure. The program can be viewed at home, a Kaiser Permanente Health Education Center, or anywhere with internet access:

- ✓ Prepare for Your Procedure (EMMI):  
<https://mydoctor.kaiserpermanente.org>  
(PLEASE NOTE: NOT EVERY PROCEDURE WILL BE LISTED)
- ✓ How to prevent pneumonia:  
<http://mydoctor.kpnvly.org/blog/promotional/how-to-help-prevent-pneumonia-2>
- ✓ Surgery specifics such as post-operative care/medical supplies needed to be discussed by surgeon.
- ✓ Time of Surgery: A preoperative nurse will contact you 1 to 3 days prior to surgery either via phone or email (if you have a Kp.org account via secure messaging) with the time of your surgery and fasting instructions.





## ADDRESS/LOCATIONS:

### ROSEVILLE POM CLINIC

1600 Eureka Road  
Medical Office Building 2/Building C-C18 (1<sup>st</sup> Floor)  
Roseville, CA 95661  
(916) 784-5367

### SACRAMENTO POM CLINIC

2025 Morse Ave  
Room LL7  
Sacramento, CA 95825  
(916) 973-7709

## Hours

Monday – Friday 8:00 a.m. – 4:30 p.m. Closed 12:30 p.m. – 1:30 p.m.

## Welcome

We look forward to making your surgical experience a positive one.

## What is the Perioperative Medicine Clinic?

The Perioperative Medicine (POM) Clinic is a division of the Anesthesia Department. Your POM appointment will be performed by either a physician specializing in hospital based medicine, a Physician Assistant (PA), or Nurse Practitioner (NP) who have been given special training in evaluating and preparing patients for surgery. If you are scheduled for a telephone visit those will be completed by a PA or NP. These clinicians work closely with the Department of Anesthesiology to evaluate and prepare patients for surgery. POM appointments are either 20 minute telephone appointments with a PA or NP or a clinic visit with a physician for an in office visits. Please allow a 60 min window for your telephone visit. Your surgeon selects the type of appointment based on the complexity of your medical history.

## About your POM visit

As part of your evaluation you may expect that your POM provider will:

- Review your medical history and medications
- Review pertinent medical tests
- Order any additional medical tests necessary to make sure it is safe to proceed with surgery
- Specific questions/concerns surrounding your surgery need to be directed to your surgeon or anesthesiologist

## Preparing for your POM Appointment

- Please print and fill out this form located on the link provided [https://mydoctor.kaiserpermanente.org/ncal/Images/Pre-Surgery%20Questionnaire\\_tcm75-820049.pdf](https://mydoctor.kaiserpermanente.org/ncal/Images/Pre-Surgery%20Questionnaire_tcm75-820049.pdf)
- Have a complete list of your medications, including over-the-counter medications, available for your appointment
- Make sure you tell your POM provider if you or a family member have experienced any problems with anesthesia
- List any previous surgeries

## Your Anesthesia Care

On the day of surgery an Anesthesiologist will review your medical history, including the electronic records from your POM appointment, and perform any necessary physical examination relevant to the anesthesia. The type of anesthetic that is judged best for you will be discussed, including benefits, risks, and alternative techniques when appropriate. The Anesthesiologist will answer your questions and address concerns about anesthesia. Appropriate preoperative medication, such as sedatives and anti-nausea medications, will be prescribed for nurses to administer prior to your surgery.