

Pre-Surgical Optimization Program (POP)

Stamford Health is committed to providing the safest, most advanced surgical care available. Our Pre-Surgical Optimization Program, known as POP, is designed to optimize the results of our patients' surgical procedures. All patients having scheduled inpatient surgery at Stamford Hospital are **required to attend a POP appointment**. This appointment will be scheduled within two weeks prior to your procedure and conducted by a team of healthcare professionals. The goal of the POP visit is to ensure that you are as healthy and fully prepared as possible for your surgical procedure.

What To Know About Your POP Appointment

Scheduling:

After your surgical procedure is scheduled at Stamford Hospital by your surgeon's office, you will receive a phone call to schedule your POP appointment. Plan to spend approximately 90 minutes at this appointment, which will take place at the **Tully Health Center, 32 Strawberry Hill Court in Stamford**. Valet parking is available for \$4.00 and self-parking is free. From the main entrance of the Tully Health Center, please follow the signage to "Pre-Surgical Optimization Program" on the first floor.

The POP Visit

The focus of the POP visit is to evaluate your readiness for surgery and develop an individualized plan based on your medical history, health status and postoperative needs. During your POP visit, you will meet with the preadmission nurse to **review your overall health and medical history**. Please bring all prescription medications and supplements to this appointment. Our medical team will verify these for your safety.

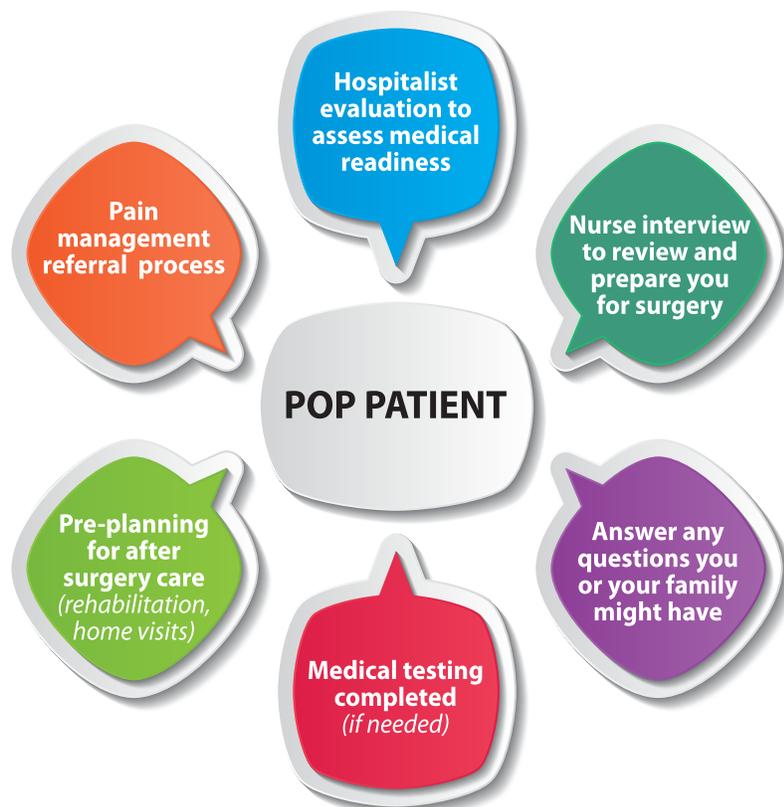
The Role of the Hospitalist

At Stamford Health, all patients are supported by an institution-wide commitment to safety and comfort. Every patient scheduled for an inpatient procedure meets with and is evaluated by a Hospitalist (a physician specializing in the treatment of hospitalized patients) during their POP appointment.

The Role of the Primary Care Physician (PCP)

Depending on your overall health and type of surgery needed, additional testing may be ordered by your PCP. Our POP Team is committed to scheduling only those tests deemed medically necessary. Testing is performed during your POP visit and additional appointments will be scheduled if needed.

- **Patients who have a primary care physician** should make an appointment with their physician at least 2-4 weeks prior to their POP visit.
- **Patients who do not have a primary care physician** should complete the POP visit at least 2-4 weeks prior to surgery.
- **Patients unable to schedule an appointment with their primary care physician** in advance should complete the POP visit at least 2-4 weeks prior to surgery.



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If you have questions at any time, please call 203.276.4093.