



Cascade Health Alliance

Smoking Cessation Requirements Prior to Elective Surgery

The Oregon Health Authority requires smoking cessation prior to elective surgical procedures for active tobacco users. Active tobacco use is defined as any smoking within the 4 weeks prior to the referral date. Cessation is required for at least four weeks prior to the procedure and requires objective evidence of abstinence from smoking prior to the procedure. CHA will require evidence of abstinence from smoking if the documented quit date is less than 4 weeks from the referral date or if there are questions about the documented smoking status.

In this guideline, elective surgical procedures are defined as surgical procedures which are flexible in their scheduling because they do not pose an imminent threat nor require immediate attention within one month. Procedures for contraceptive/sterilization purposes, procedures targeted to active cancers (i.e. when a delay in the procedure could lead to cancer progression) and diagnostic procedures are not subject to the limitations in this guideline note. Certain procedures, such as lung volume reduction surgery, bariatric surgery, erectile dysfunction surgery, and spinal fusion require a minimum of six-month tobacco abstinence.

Smokers should be counseled to quit and may be referred to CHA's Freedom from Smoking classes through CHA's Pharmacy Department or referred by their primary care provider. CHA's Pharmacy Department can be reached at 541-883-2947.

Active tobacco users can provide evidence of abstinence from smoking as follows.

1. Members **not** using nicotine replacement therapy or nicotine products are required to have two negative urine cotinine tests. The first should be done two weeks after quitting and second should be two weeks after completion of the first test.
2. Members using replacement therapy or other nicotine products must have two negative Anabasine tests. The first should be done 2 weeks after quitting and second two weeks later.

Testing can be ordered by the surgeon or coordinated with primary care.

For surgeries which are covered services and medically necessary and were denied only because of smoking, CHA will reactivate those referrals if they receive documentation of abstinence from smoking within 60 days of the denial. After 60 days from the denial a new referral request is required.