

Pre-surgery Guidance and Advice

Patients must strictly follow the national public health guidance on physical distancing, wearing face coverings and, in particular, reduce their social contacts/interactions for **10 days before surgery** and self-isolate for **three days before their operation**.

If you receive an appointment for a Covid-19 vaccine for during this 10-day period you should call the local Covid-19 vaccination helpline on 0800 130 3120 to reschedule your appointment. Ideally your vaccine should be given more than ten days before your surgery or one week after.

How long do I have to isolate for?

You must self-isolate for three days prior to surgery. You will be given an appointment for a Covid-19 test around three days before your operation however If your test is carried out before then you need to isolate immediately following your test. You still need to self-isolate even if you have had the Covid-19 vaccine as you may still be able to catch the virus and pass it to others.

Please do not use shared public transport to attend you pre-screening appointment where your Covid-19 test will be carried out.

What does self-isolate mean?

After you have had your Covid-19 test you **should not leave the house at all** – except for solitary outdoor exercise. If you require food or medicine, you should ask a friend or family member to deliver this or order online for delivery. You can also phone the national helpline free on 0800 111 4000 (textphone: 0800 111 4114) Monday to Friday from 9am to 5pm if you need essential help during this period for food deliveries, medication, social or emotional support. When you call, you'll be put in touch with someone from your local council who will give you details of the local services and support available in your area.

What do I do if I live in a shared house?

If possible, your entire household should self-isolate together, this would mean no-one in the household should leave the house for any reason (including children attending school). If this is not possible you must self-isolate away from the rest of your household, this involves;

- Keeping two metres apart from other people as much as possible, using separate bedrooms and bathrooms, if possible.
- Minimising the amount of time spent in shared spaces such as the kitchen and living room and staying two metres apart from other people.
- Not sharing food or using the same plates, cups and cutlery
- Ensuring items are washed thoroughly before being used by anyone else
- Regularly disinfect surfaces such as kitchen counters and bathrooms

- Washing your hands frequently
- Not sharing bath, hand or tea towels

How does this apply to children or young people undergoing surgery?

If it is not possible for the entire family to isolate at home for three days then the parent/guardian attending hospital with the child/young person must self-isolate with them for the three day period and do so away from the rest of the household.

What do I do regarding my work?

If you have been working from home you can continue this practice while you are self-isolating. Otherwise, you can self-certify for up to one week or discuss with your work if there is a more appropriate route to take. Any time off needed for self-isolating prior to surgery will be covered by Statutory Sick Pay (SSP) in line with national guidance. This covers you if you:

- have received pre-surgery written notification that you are to undergo a surgical or other hospital procedure
- have been advised to stay at home for a period of up to 14 days before the date of admission to hospital or, are staying at home in accordance with that advice.

Travelling to and from hospital

You should not use shared public transport to attend for your Covid-19 test or on the day of your operation. If you have to arrange to travel by taxi or arrange a lift from a friend or relative, you must

- Sit in the back passenger seats, diagonally from the driver to ensure physical distancing.
- Ensure that everyone in the car wears face masks for the duration of the journey.
- Keep the car windows open to ensure a flow of fresh air.

Please note, if you are receiving a general anaesthetic you will not be able to drive for 24hrs after your procedure.

What if I develop Covid-19 symptoms prior to surgery?

If you develop any new symptoms such as: a new persistent cough, a high temperature/fever or a loss of taste or smell.

Book a test immediately at www.nhsinform.com or call 0800 028 2816. If you do develop symptoms of COVID-19 and are ill and are worried about your health, you should call NHS 24 on 111.

You must also contact the hospital on one of the following numbers (01324) 566464/567537 and staff will advise and arrange to reschedule any appointments, if required.