



Isolation instructions for our patients before coming into hospital for surgery

In preparation for your hospital admission, you must carefully follow all of the below instructions for isolation. These instructions will apply to you in the time immediately following your Covid swab until your admission to hospital. Your procedure will only be able to go ahead in the following circumstances:

1. If you have fully isolated following the instructions below
2. If you (and your household members) have no Covid-19 symptoms
3. If your Covid-19 swab comes back as negative
4. If you are not living with someone who is covid positive

If any of these four factors cannot be achieved, your surgery will be cancelled until we can be sure it is safe for everyone to proceed.



- Do not leave your house unless in an emergency or for medical treatment



- Do not go out for supplies and medicines, ensure these are delivered to your household



- Do travel to your hospital appointments/admission using your own private vehicle or with someone from your own household. If you have to use a taxi please follow the government guidance for safe use of public transport



- Do not have any visitors in your home or accommodation



- Do not meet with friends and family or attend any gatherings (eg weddings and religious services)



- Do strictly avoid contact with someone who is displaying symptoms of Covid-19 (these include high temperature and/or new continuous cough and/or loss of taste or smell)



- Do try to ensure that you stay 2 metres apart and socially distance yourself from household members at all times (eg eating separately, sleeping alone at night and ensuring cleaning of shared areas such as bathrooms)

Additional instructions

- Wash your hands more often with soap and water
- Avoid touching your eyes, nose and mouth with unwashed hands
- Cover any cough or sneeze with a tissue, then throw in a bin
- Clean and disinfect frequently touched objects and surfaces in your home
- Use separate household items such as towels, bedding and crockery
- If any household member becomes unwell during the 10 days before your surgery you must report it to the hospital prior to coming in for your admission
- Wash your hands thoroughly after touching pets

Pre-operative Covid-19 testing

- As part of our admission process, you will need to be swabbed and you may require some additional tests ahead of your procedure. Your hospital team will further advise you of what is required