

Protected Elective Surgical Unit

Social Distancing and Isolation instructions for our patients before coming into hospital for their surgery

Social Distancing and Hand hygiene

All of us should be practising good social distancing and hand hygiene to lower our chances of catching COVID-19. You should be especially careful about this in the **14 days before your admission for surgery.**

- always observe social distancing
- wash your hands regularly
- if you meet another household, outside your extended household, stay outdoors
- work from home if you can

These measures alone should be sufficient to stop you contracting the virus before your surgery. However, you may choose to isolate more strictly within your own home for this time, particularly if you have other medical problems, are over 65 or on recommendation of the Doctor arranging your surgery.

Pre-operative COVID-19 testing

As part of our admission process, you will need to have a swab test 72-48 hours prior to your admission for surgery. The test will be provided by your local Health Board. **The team that contact you for this may use a withheld number.** If you require some additional tests ahead of your procedure your hospital team will further advise you of what is required. **Following the test we ask that you adhere to the strict pre-operative self-isolation advice as over the page, until your admission to hospital.**

You can only be admitted for your procedure if you (and your household members) have had no symptoms of COVID-19 infection, have isolated following the instructions below and you have had a negative COVID-19 swab. If you (or a household member) develop COVID-19 symptoms, don't adequately isolate or have a positive swab, for everyone's safety your procedure will be postponed until we can be sure that it is safe to proceed.

Pre-operative Self Isolation following your swab appointment

Please follow all of the instructions below after your swab test until your admission to hospital.

DO	DO NOT
 <p>Do isolate within the confines of your home. If family members are unable to isolate you must stay in a separate room and use separate washroom and dining facilities. Do prepare your own meals and use your own cutlery where possible.</p>	<p>Do not leave your house unless in an emergency or for emergency medical treatment. This includes exercising or walking the dog.</p> 
 <p>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).</p>	<p>Do not meet with friends and family who do not live in your home with you.</p> 
 <p>Do travel to your Hospital admission with someone from your own household. If this is not possible please either travel with a family member who is not isolating or use a Taxi. Please ensure that you wear a mask and sit in the rear of the vehicle on opposite side to the driver.</p>	<p>Do not use public transport (bus/train) Use a Taxi if you have no other transport to the hospital. If you require Hospital transport please inform the team.</p> 
 <p>Do wear the surgical mask provided at our Preoperative Assessment Clinic for your journey to the Hospital.</p>	<p>Do not go out for supplies and medicines, ensure that these are delivered to your household.</p> 
 <p>Do provide us with your most up to date contact number.</p>	<p>Do not attend gatherings e.g. weddings and religious ceremonies.</p> 

Additional instructions

- Wash your hands more often with soap and water
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean and disinfect frequently touched objects and surfaces in your home
- Use separate household items such as towels, bedding and crockery
- If you or any household member becomes unwell 14 days prior to your admission or you break your isolation, please report it prior to coming to the hospital for surgery by contacting this number 029 2184 8048 / 029 2184 1271.
- COVID-19 can present with very minor symptoms such as those of a cold. Even if you do not feel particularly unwell please let us know of any symptoms, as the risk to you from surgery with undiagnosed COVID-19 is significant.
- If you have specific questions regarding your Surgery please contact your Specialty's team.

Your Hospital Admission

There are plenty of ways to plan and prepare for self-isolation, and so many things you can do to keep preoccupied and maintain your wellbeing while staying at home. Try not to think about what you can't do – focus on what you can do, like nurturing your interests and relationships, and focusing on self-care.

Exercise regularly

Physical activity releases anxiety-reducing chemicals, while acting as a healthy distraction. There are many things you can do to keep exercising inside your home even if you're self-isolating.

Eat healthily

Good nutrition has a positive impact on your mood, while boosting your energy and immunity. It's a good idea to plan your meals ahead so you

know whether you have enough food to last you, as well as any family members or pets.

Routine

It's a good idea to stick to a routine to give your day's structure and balance. Aim to wake up and go to bed at the same time, and have three meals at the same time each day – not forgetting to weave in regular breaks for water, exercise and fresh air.

Keep in touch

It's important to keep in touch with your friends and family. Text or call regularly to talk about the situation and how you're coping. Or why not schedule in a video chat so you can still 'see' each other? A number of electronic devices are available throughout Cardiff and Vale UHB to support you with virtual visiting during your stay. We will encourage you to utilise this service as much as possible.

Further Information

For more information, please visit:

Keeping Me Well

Information on preparing for treatment and recovery.



Mind

Information on your wellbeing during this time.



Age UK

Information on social distancing and self-isolation.



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