

Patient information: Social distancing and self-isolating before coming into hospital for surgery

If you develop any symptoms of COVID-19 (fever, persistent cough or loss of taste or smell) before your procedure, please do not attend the hospital and contact our clinical team to let them know.

In preparation for your surgery, you must carefully follow all the instructions below, to reduce your risk of catching COVID-19, which may impact your recovery and, in some cases, cause serious complications. Your procedure will only be able to go ahead in the following circumstances:

- 1 | You confirm that you have followed strict social distancing and hand hygiene measures for 14 days prior to your surgery (in some cases your consultant may recommend self-isolation for 14 days prior to your surgery).
- 2 | You attend for a COVID-19 test approximately 3 days before your procedure, following which you **MUST self-isolate until your hospital admission.**
- 3 | You (and your household members) have no COVID-19 signs or symptoms.
- 4 | Your COVID-19 swab is negative.


If any of these four factors cannot be achieved, your surgery will be cancelled. You will be required to self-isolate for 7 days after your hospital discharge.

Social distancing


Social distancing means keeping a safe space (two metres or 6 feet) between yourself and other people in both indoor and outdoor spaces. This, along with other preventative measures such as regular hand hygiene and wearing a face covering in public places, helps to prevent the spread of infectious diseases including COVID-19.

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Self isolation DO's



Do travel to your hospital appointment/admission using your own private vehicle or with someone from your own household. If you need to use a taxi, please ensure you and the driver wear masks and you sit behind the passenger seat.



Do remain at home with your household members (do not go to work, school etc). If this is not possible, ensure you stay 2 metres apart and socially distance yourself from household members (e.g. sleeping in separate areas and ensuring cleaning of shared areas such as bathrooms).



Do ensure that you have no contact with any individuals displaying symptoms of COVID-19 (symptoms include a new or continuous cough, high temperature and/or a loss of, or change in, normal sense of taste or smell).

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Self isolation DO-NOTS



Do not leave your house at this time, unless there is an emergency, or you require medical treatment.



Do not leave your home for medicine or supplies, make sure that you have these items delivered to you.



Do not invite people to your home, no visitors should be entering your house.



Do not attend any social events or gatherings with friends or family.

Infection prevention guidance

- Regularly clean your hands for 20 seconds using soap and water or using an alcohol hand rub
- Cover your mouth and nose with a tissue when you cough or sneeze, place used tissue into a bin immediately and wash your hands afterwards
- Avoid touching your face with unwashed hands
- Clean and disinfect frequently touched surfaces and objects
- Strictly avoid contact with anyone displaying symptoms of coronavirus or anyone who has been contacted by NHS Test and Trace.

This pack provides instructions on how to take a self-swab for COVID-19 as part of your pre-operative assessment. The test is designed to look to check if you are infected with COVID-19 at the time the sample was taken. It is important that you take your swab sample within the timeframe instructed by your hospital. **Once you have dropped off the swab you MUST strictly self isolate and not leave the house.**

Step by step process:

1. Please make sure you have the following in your pack:
 - PCR Swab and Swab Vial
 - Self-Swab Instructions
 - General Pathology Request Form
 - COVID patient agreement to COVID-19 investigation and treatment arrangement consent form
2. Read the instructions overleaf and the patient information provided in this pack.
3. Take the swab following the instructions on the date you have been told, once you have taken the swab please bring straight to the hospital.
4. Wash your hands then place all items into the bag. READ the COVID patient agreement form and SIGN where highlighted in yellow and include in the bag. SEAL the bag.
5. Drop off your completed test pack to VALE HOSPITAL main entrance **BEFORE 11am** on the day requested. **(We will inform you of the date to return your swab during your pre-assessment).**
6. You will only be contacted if your result is positive.

Failure to drop off at the right day/time may result in your surgery being postponed.



Watch how to do a self swab;

Adults
<https://www.youtube.com/watch?v=zCqo7MhQT6U>

Children
<https://www.youtube.com/watch?v=Xaw8DsF2Igc>

Return immediately home and strictly self isolate.
Do not leave the house failure to do this will mean your surgery will be postponed.