**Preoperative COVID-19 Instructions and Information**

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| You are required to abide by the following instructions to protect you, other patients and staff from COVID-19. |

* Unless you have been advised otherwise by your consultant, you must follow comprehensive social distancing measures from day 14 to day 4 before your operation. Then for the 3 days before your operation you and your household must follow self-isolation measures.
* A COVID-19 test must be done within 72 hours of your operation.
* If your COVID-19 vaccination is within one week of your operation date or within one week after your operation date, please inform us as soon as possible.
* If you or a member of your household becomes symptomatic (flu like symptoms, cough, fever, sore throat, muscle aches, loss of sense of taste/smell) or tests positive for COVID-19 at any time during the 14 days prior to your operation you must inform us.
* During day 14 to day 4 you are encouraged to perform a lateral-flow test for COVID-19 twice a week and ask your household to do the same. These tests are free and can be ordered from the government website [www.gov.uk](http://www.gov.uk) or collected from any pharmacy.

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| **Isolation Instructions** | |
| **Comprehensive social distancing** (you only) | **Self-isolation** (you and your household) |
| From day **14 day** to **day 4** (inclusive) before your operation | For **3 days** before your operation |
| Do not:   * Use public transport or taxis * Go to pubs, restaurants or any closed area gathering * Meet others outside of your household, even friends or family * Touch your eyes, nose or mouth if your hands are not clean   Do   * Wear a face covering at all times when leaving home * Wash your hands regularly for 20 seconds, each time using soap and water, or hand sanitiser * Stay 2 metres (6ft) away from other people at all times if you go out * Put used tissues in the bin immediately and wash your hands afterwards * Work from home if possible. | Do not:   * Go to work, school, or public areas. If family members need to go out to work/school consider alternative accommodation for them during these 3 days. If that is not possible, isolate yourself, or them, in their rooms. * Use public transport or taxis * Go out even to buy food or other essentials * Invite or allow social visitors, such as other friends and family, to enter your home   Do   * Ensure you and all household members remain at home * Ensure any exercise is taken within your home * Ask friends or relatives to shop, pick up medication, walk your dog, etc. * Make sure all deliveries are left outside for your collection. * Stay in contact with people, use the phone or social media |
| **For patients with Carers** | |
| If you rely on carers (e.g. for personal care) but are otherwise able to follow the isolation instructions, your carers do not need to isolate if:   * The carers wear appropriate personal protective equipment (PPE) and follow all infection prevention guidance including handwashing. * The carers take lateral-flow tests twice a week.   If your carer is somebody that lives with you, they must also follow the self-Isolation instructions as outlined above.  If your carer needs to accompany you into the hospital to provide physical assistance, they must also have a covid test and follow comprehensive social distancing and self-isolation instruction as outlined above. Please inform us using the contact details on your admission letter if your carer requires a covid test and this will be organised. | |

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| **Covid Testing Instructions** |
| Do not attend a walk-through testing facility, as this will break isolation rules.  A COVID-19 test will be arranged for you by the hospital within 72 hours of your operation. The type of test will depend on the following. |
| If you **have** a mobile phone:   * A postal test kit will be sent to your home address so you can take the test at home. * Your test kit should arrive at least 6 days before your operation. If you have not received it by then, please call 0800 0511 811 * Check the contents of the test kit as soon as it arrives. If anything is missing please call the hospital switchboard 01604 634700 and ask for the Preoperative Covid swabbing team. * The test must be completed and returned **3 days** before the date of your operation. Do not complete the test any earlier than this, as it will not be valid. * To return your test, you have two options:  1. You can post it in a **priority** post box. Please check [www.royalmail.com/services-near-you](http://www.royalmail.com/services-near-you) to locate your nearest priority post box. This needs to be done by midday three days before your operation. Do not take your test to a post office or post in a normal post box. 2. You can book a courier to collect your test by calling 0800 0511 811 between 8am and 4pm. This must be booked at least the day before you do your test. Tell the call handler you’re getting the test before a hospital operation. Take your test by 7am on the day of collection.  * You should get your test result via a text message to your mobile phone within 2 days of returning your test kit. |
| If you **do not have** a mobile phone:   * Our preoperative Covid team will contact you to arrange a drive through Covid Test here at the hospital. * You will be contacted if your result is positive or inconclusive * If you do not hear from us, please come to the hospital on the day of your operation |
| Test results   * If your result is **positive** or inconclusive, please do not come for your operation you will be contacted by the hospital. * If your result is **negative**, please continue to self-isolate and come to the hospital on the day of your operation. If you have had a postal test, please bring your mobile phone with your test result on it. |

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| **COVID-19 Admission Information** | |
| **Your Operation** | **After your operation** |
| * At any time, if you wish you can choose not to go ahead with your operation * Your operation may not take place at Northampton General Hospital. It may be at another location such as BMI Three Shires Hospital. * There may be a need to transfer some of your records to other local hospitals, but these will be treated with strict confidentiality * Circumstances will be very different in the hospital; wards/rooms will be reorganised and staff will be wearing protective equipment. * You may not meet your surgeon until the day of your treatment. You may have treatment by another member of the team who has the training/skills to perform the operation. * You will not be able to have your family and friends visit whilst in hospital | * You will be discharged from hospital when you are medically fit. * Follow-up care may again be via an electronic video consultation, telephone or if indicated a face to face consultation. * If you have had a major operation there are still significant risks for you if you catch COVID-19 in the post-operative period. These will be discussed with you by your treating consultant and you may be required to continue to follow comprehensive social-distancing measures for a period of up to 14 days following your operation. |

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| **COVID-19 Risk Information** | |
| **Risks** | **The precautions we are taking** |
| * Your care may be disrupted, delayed or performed differently during the pandemic. * Coming to hospital might increase your chances of contracting COVID-19, or you may already be carrying it when you come for your operation. * A COVID-19 infection may make your recovery more difficult, or increase your risk of serious illness, or death. * If you suffer from certain chronic medical conditions, it may be considered unsafe to proceed with your elective operation and a clinical decision may be made to defer your operation until a safer time. | Our normal elective surgical pathways have changed, for instance:   * Consultations with doctors and nurses may be undertaken electronically in a video consultation or via telephone. * We may also ask you to email or post medical information to us. * The environment in our hospital has been redesigned to support compliance with social distancing and infection prevention. * We have increased the frequency of cleaning with particular attention to high traffic areas * Your operation will be cancelled if you test positive or break isolation rules. |