

when your symptoms finish before you can have your operation - This will be picked up with the screening questionnaire.

If a member of your family has had symptoms, we will postpone your surgery for 14 days from the onset of their symptoms. This is to ensure your safety and make it much less likely that you will pass the virus on to other patients or staff in the hospital.

### Returning from abroad

If you are returning from a country placed on the national **non-exempt list**, you will be required not to leave the place where you're staying for the first 14 days that you're back in the UK (known as 'self-isolating'). Please check national guidance for up to date non-exempt countries.

### Screening

You will be contacted a day or two before your surgery and asked a series of questions about your health and your family's health. This is to ensure that nothing has changed with you or you family's conditions.

This is a comprehensive questionnaire asking about frequent and less frequent symptoms of COVID-19. If you answer "yes" and you have had these symptoms within 7 days, your surgery may have to be postponed until at least **10 days** have passed since you first had symptoms. This is to try and ensure you are safely prepared and, if you have been affected by the virus, that you are fully recovered before having surgery.

### Outbreak areas

If you live, work or study in an area where there is a coronavirus outbreak, the advice for you may be different. This will be discussed with you when booking your procedure.

**Results** - You will be notified if your COVID-19 swab result is positive.

### Useful Telephone Numbers

General Pre-op Assessment Team	☎ 01438 288134
ENT Pre-operative Assessment enquiries	☎ 01438 286835 or 286836
Ophthalmology enquires	☎ 01438 288274

Reference: [www.gov.uk/COVID-19](http://www.gov.uk/COVID-19)

# Patient Information

## Having planned surgery during the COVID-19 (coronavirus) pandemic

### Planned Care



## Introduction

East and North Herts NHS Trust take the safety of patients very seriously. We are currently increasing our services again and our aim is to make it as safe as possible for you to have your surgery. It is very important that you follow the advice in this leaflet.

### Where will planned surgery (operations) take place?

As far as possible, we will do planned elective surgery in buildings separate from those treating patients with the COVID-19 virus (coronavirus). These will include the hospitals of our private provider partners (Pinehill Hospital in Hitchin, One Hatfield Hospital and Spire Harpenden Hospital).

At the Lister Hospital we have designated the Day Surgery Unit and Treatment Centre as our buildings for treating patients who are at low risk of having coronavirus. Both of these buildings have a separate entrance to the rest of the hospital and their own theatre suite.

In order to reduce the risk of operating on you during the incubation period for coronavirus, we have put the following measures in place. The principles are **socially distance**, **swab**, **self-isolate** and **screen**.

### Social distance

We ask that you follow social distancing and handwashing guidance for 14 days prior to having your procedure. We want to make sure, as far as possible, that you are not in the incubation period for coronavirus (COVID-19) when you have your surgery.

If you're at high risk (clinically extremely vulnerable) from coronavirus, you are advised to take extra steps to protect yourself. Until the 1st of August 2020 this was called **shielding**, however, this is no longer required due to the national low infection rate. Vulnerable high risk patients who wish to self-isolate for 14 days pre-procedure, may do so.

### Swab

We will arrange for you to have a swab taken to rule out coronavirus infection. We will contact you with instructions on where, when and how this swab will be taken.

You will be swabbed 72 hrs (3 days) pre-procedure. You are required to **self-isolate** for the **3 days** prior to your procedure from having the swab taken.

If your swab is negative, i.e. you are not infected with the coronavirus, you can proceed with your planned surgery.

If your swab is positive, you will have to **self-isolate** for at least **10 days**, even if you are on a cancer pathway.

### Self-isolate

**You are required to self-isolate from when the swab is taken (usually 3 days) while waiting for your procedure.**

This means:

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family, except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one

**You are required to self-isolate for at least 10 days if:**

- you have any symptoms of coronavirus (a high temperature, a new continuous cough, or a loss or change to your sense of smell or taste)
- you have tested positive for coronavirus – this means you **have** the coronavirus infection

**You may be required to self-isolate for 14 days if:**

- someone you live with has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- you've been told by NHS Test and Trace that you've been in contact with someone who has coronavirus

If you become symptomatic you will need to, ideally, wait 7 days from