

Self-isolation prior to an operation

This leaflet gives important instructions of how to prepare for your surgery during the Covid 19 outbreak.

These guidelines have been brought in to reduce the risk of catching Covid 19 around the time of your operation. If you have Covid 19 around the time of an operation this can impact on the surgery, your recovery and in some cases lead to serious complications.

Prior to your operation you, and anyone who lives with you, need to isolate yourself from everyone else for 14 days.

During those 14 days:

- Do not leave our home for any reason – if you need food or medication order it online or by phone or ask someone to deliver it to your home.
- Do not have visitors to your home – including friends and family.
- Do any exercise at home – you can use your garden if you have one.
- Regularly wash your hands with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, throat and mouth with unwashed hands
- Clean and disinfect frequently-touched objects and surfaces in your home

If you, or any of the people you live with develop symptoms of coronavirus self-isolate for 7 days and inform the hospital team so your surgery can be postponed until you have recovered.

You will be contacted by the Pre-operative Assessment Team for a telephone consultation and this will allow you the opportunity to ask any questions you may have about your surgery.

If you have any questions that need answering more urgently please contact:

Gynaecology Admissions – 01273 696955 ext 62863 / 4