

**Important actions you must take from now until your surgery**

Now that you have had your COVID test **it is very important you take very strict measures to self-isolate until your surgery has taken place.** This is to ensure that from the time of taking the test and coming in for your surgery the risk of catching the virus in this time is minimised.

 You should remain at home and:

* Do not go to work, school, or public areas, and do not use public transport or taxis – you may still need to attend hospital visits, or we may arrange a video consultation with you
* Stay away from the other members of your household as much as you can, if it isn’t possible to isolate from them then they should also isolate with you
* Wash your hands regularly for 20 seconds, each time using soap and water, or use an alcohol-based hand sanitizer
* If possible, you should not go out, even to buy food or other essentials, and any exercise should be taken within your home
* Minimize as much as possible the time you spend with family members in shared spaces such as kitchens, bathrooms and sitting areas, and keep any shared spaces well ventilated
* If you do have to share a bathroom, try to be the first to use it, or just after it has been cleaned.
* Do not share towels or tea towels
* Please avoid smoking and limit your alcohol intake to help to ensure you are in the best possible shape for your operation and to aid your recovery
* Please keep taking your daily exercise within your home. Look for ideas of exercises you can do at home on the NHS website ([www.nhs.uk](http://www.nhs.uk))

Encourage the rest of your family or household to follow the advice as far as they are able. There is no need for them to follow the shielding measures themselves.

If your result is returned as negative and there are no other concerns your surgery can go ahead as planned.

If your result is returned as positive and you have COVID-19 unfortunately this means your surgery may have to be delayed. We will discuss the best option for you to ensure you are safe. We appreciate this may be disappointing, but it is in the interest of your safety and ensuring you have a smooth recovery.

If during the 48 hours or on the day of your admission you become unwell please phone the hospital on the following numbers to discuss your admission.

Day Surgery Admissions: 01722 336262 ext. 4554 or 4555

Main Theatre Admissions: 01722 336262 ext. 2827 or 4867

If possible please try to avoid travelling to the Hospital on Public Transport this will help minimise the risk of catching the virus.

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