

Information for patients

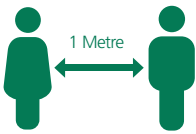
# COVID-19 and your planned procedure:

## Important advice for vaccinated patients

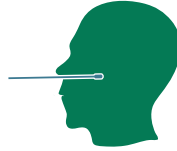
**PROUD TO MAKE  
A DIFFERENCE**



# Before your procedure you should do two important things:



**Social distance**



**Complete a lateral flow test prior to procedure**

It is really important that you social distance if possible prior to your procedure to help reduce the risk of catching respiratory viruses, including COVID-19. We are asking you to do this 10 days before your procedure to give you the best chance of your operation or procedure going ahead as planned.

Social distancing gives you a greater chance of not contracting COVID-19 before your operation.

## Social distancing

Keep to 1 metre socially distant at all times (if possible even from family members in your household).



Avoid large social gatherings, pubs, bars, restaurants & cafes.



Avoid physical contact with others and especially those outside of your household.

If you are working, follow the government guidance for working in a "covid secure" work place.



Wear a face covering whenever you enter a building that is not your own home.



If you can avoid shops/indoor venues for 10 days that would be ideal. If you have to go to the shops then wear a face covering and use hand sanitiser regularly.

Avoid public transport if possible, if not wear a face covering and wash your hands or use hand sanitiser after the journey.



## What if one of my household develops symptoms?

If a household contact develops any symptoms of COVID-19 the 14 days before your procedure they should arrange to be tested by phoning 119 or via the website: <https://www.gov.uk/get-coronavirus-test>. The main symptoms are flu-like symptoms, which may include a sore throat, high temperature, a new continuous cough and a loss or change to your sense of smell or taste. You should contact us if they test positive OR the result will not be back before your procedure. You should contact us using the telephone number on your letter.



## What if I have had COVID in the past 90 days?

If you have had COVID in the last 90 days then you do not need to be swabbed prior to your procedure. We do ask you provide evidence that you have had COVID, like your text notification of your swab result. Please let us know by contacting us using the telephone number in your letter.



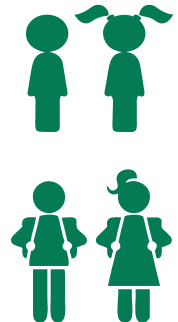
### **You also need to contact us if:**

- You are contacted by NHS test and trace.
- You have returned from a country that is on the UK Government quarantine list.

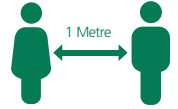
## I have children at home, are there special instructions for them?

If you have children please follow this guidance to the best of your ability, though we understand that this may not always be possible.

If you have school-aged children they may still go to school.



Older children should try to maintain a distance of 1 metre from you where possible.



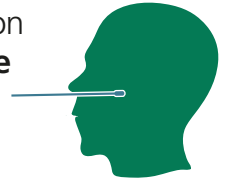
### **Other health appointments:**

If you are asked to attend other appointments before your operation, please ensure you are provided with a surgical mask to wear throughout the appointment



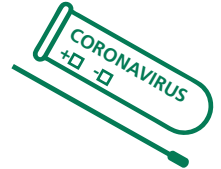
## **The COVID-19 swab test**

It is essential that you complete a lateral flow swab test on the day of your procedure before coming to hospital. **We cannot carry out your procedure if this is not done.**



### **There are many ways to obtain a lateral flow test.**

You can visit the government website and follow the instructions of how to order a test  
[www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](http://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)



### **Other ways to get rapid lateral flow tests**

You might be able to:

- collect tests from a pharmacy
- collect tests from a community centre, such as a library

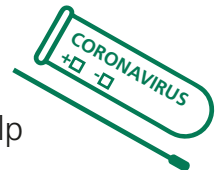
### **If you cannot use the online service, call 119 (free from mobiles and landlines).**



Lines are open every day, 7am to 11pm. 119 provides support in 200 languages.

### **How do I carry out the test?**

The kit contains a step by step instruction leaflet to help you do the test.



## What do I do with the swab when it's completed?

Once you have done the test you need to upload the result to the government website by following the guidance in the leaflet and take a photo on your phone if possible, to provide evidence of your test result.



## What happens if the test is positive?

You will need to call to inform us of your positive result, so your procedure can be cancelled and re-scheduled. Please use the number in your letter.



You will need to have a PCR test (that is sent away to a laboratory) to confirm your positive result. You can arrange this by phoning 119 or via the NHS website: <https://www.gov.uk/get-coronavirus-test>

You must self-isolate for 10 days unless your PCR result comes back as negative.

You will also be advised about any changes to your procedure.

## How should I travel to hospital?

Ideally you should avoid public transport when you travel to the hospital (or your GP). If you don't have a car, you can be brought to hospital by a trusted family member or friend.



You should sit in the back of the car wearing a surgical face mask at all times and your family member/friend should also wear a face covering.



The windows should be open for all journeys.

## Will I be able to have visitors in hospital?

Yes we are allowing visitors but we ask them to perform a lateral flow test prior to visiting and wear a mask. For all areas where there are patients who are having or have had surgery, visitors **MUST** have a negative lateral flow test within 24 hours of visiting.



Alternative formats can be available on request. Please email:  
**[sth.alternativeformats@nhs.net](mailto:sth.alternativeformats@nhs.net)**

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