

Self-isolation for surgical patients

This leaflet gives important instructions of how to prepare for your surgery. If you do not follow these, your surgery may have to be cancelled. If you have any questions, please speak to your surgical team.

In order to protect you and make sure that you are as prepared for your surgery as possible, we need you to follow strict self-isolation guidelines before and after your surgery. This is to reduce the risk of you catching coronavirus (COVID-19), which can impact on your recovery and, in some cases, cause serious complications.

The guidelines we provide for self-isolation are stricter than standard Government guidance. We will ask you to confirm several times before your surgery that you are following this guidance. If you are not following this guidance we may have to cancel your surgery. Your team will advise you on how long you should follow these instructions for.

During your self-isolation period you should:

- not leave your house
- not attend any gatherings
- not have any visitors, except people who give you **essential** care
- strictly avoid contact with anyone displaying symptoms of coronavirus
- make arrangements to have your food and medicines delivered to you in your home
- wash your hands more often, 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 are living with other people you should minimise the time you spend in shared spaces, keep these areas well ventilated and remain two meters apart wherever possible. If you share a kitchen, aim to cook at separate times and consider eating your food in separate spaces. Where possible you should aim to sleep separately, use different bathrooms and different towels to others. If it is not possible to use a different bathroom it should be cleaned after each use. You will need to make sure you have one month's supply of any regular medicines before you start your self-isolation period. You will need to arrange this with the team who normally give you your medicines.

Everyone in your household should regularly wash their hands, avoid touching their face and clean frequently-touched surfaces. If you are able to do so, you should work from home. If your work requires you to travel, you should try to make other arrangements or have extra time off.

Services provided by:

Guy's and St Thomas' NHS Foundation Trust
King's College Hospital NHS Foundation Trust
Lewisham and Greenwich NHS Foundation Trust

If you need to travel to come to essential hospital appointments during this time, you should travel by a private household car on your own or with someone from your household. You should keep the car well ventilated and should sit as far apart as possible. If this is not possible, we will arrange transport for you. You **must not** use public transport or taxis (including Uber and similar services).

If the rest of your household follows this guidance as well, there is no need for them to take full protective measures. If you or anyone in your household develops symptoms, please let us know. If you have any questions about this guidance you should go to the section on the Government website about 'shielding'.

Useful sources of information

Government coronavirus information, **w:** www.gov.uk/coronavirus

NHS coronavirus information, **w:** www.nhs.uk/conditions/coronavirus-covid-19/

NHS 111, offering medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **t:** 111 **w:** www.111.nhs.uk