

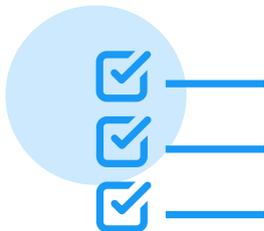
# Coming in for a planned surgical procedure involving general or regional anaesthesia during the COVID-19 pandemic

## Working to keep patients safe

We would like to share with you the measures in place to ensure you're fully informed and reassured that we are doing everything possible to keep you safe and provide the highest level of care.

### Your surgeon and the hospital team

Your surgeon will discuss the possible outcomes of the operation with you and, if appropriate your family or carers, before reaching a shared decision with you. This discussion will:



cover the benefits of having the operation, and the effects on your health and wellbeing of postponing or not having it



ensure that you understand the risks associated with COVID-19 during the operation and that you have given your informed consent



include alternative options if you wish to decline or postpone your operation

**It is important that you feel well informed about the benefits and risks involved in your operation, including those that can be caused by respiratory infections like COVID-19 before you give your consent.**

Your surgeon may also wish to discuss the impact of the prevalence of COVID-19 in your local area. You can access information about this here:



## Risks associated with COVID-19



There is evidence that some patients undergoing surgery while they have a respiratory infection like COVID-19 are at risk of developing serious complications or death during the period after surgery.

Your surgeon will consider your risk profile and advise you of the risks and benefits of the various options which are clinically suitable for you as well as the steps that you should take if you are at higher risk.

## Optimising your health and wellbeing before your operation

Patients who are able to improve their health and activity levels are therefore fitter and recover from surgery more quickly. Your clinical team will advise you of some of the steps that you should take to optimise your health and wellbeing before your operation.

These may include:

- taking regular exercise
- doing strengthening and balance exercises
- improving your mental wellbeing
- reducing your alcohol consumption
- stopping smoking
- controlling any existing conditions

You can access further information on improving your health before your operation here: <https://www.cpoc.org.uk/patients>

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## Preparation for your operation

In order to protect you from respiratory infections like COVID-19 it is important that you:

- have a COVID-19 test as advised by the hospital.
- observe the guidance on any appropriate self-isolation that the hospital will provide.
- perform regular hand hygiene.

Before your admission, we will call you to ask whether you have respiratory symptoms. We will also ask you these questions when you report to Reception upon arrival at the hospital.

Before your operation, we will ask you to confirm that you have adhered to your individual testing and any self-isolation requirements.

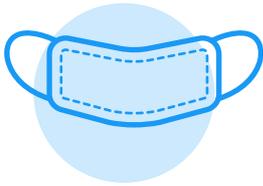
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## Transport



If you have been asked to self-isolate in preparation for your operation, please wear a face covering when travelling to the hospital. Your healthcare team will advise you on whether you will be able to drive following your operation or whether you should arrange that a family member or friend pick you up.

## Protecting you during your stay in hospital



### Face masks

Face masks may still be required in our hospitals. Please take one from the supply at the hospital entrance. If you are unable to wear a face mask, please let our staff know and they will advise you on the most appropriate measures.

Staff will wear appropriate personal protective equipment to protect you.



### Hand sanitiser

On arrival you will see hand sanitiser that you should use. Please clean your hands before eating and after blowing your nose.



### Concerns

If there are any concerns, we will discuss these with you in a private area and agree the best way forward for your safety.

## Consultations



Whether you are having a discussion about a procedure or having your initial pre-operative assessment, this consultation may take place face-to-face, by phone or video call.

## Visitors



We recognise the contribution that visiting makes to the wellbeing of patients. However, there is still a need to restrict open inpatient visiting at this time.

Our safety measures for visitors include:

- Maintaining a safe distance of 2 metres in inpatient areas.
- Wearing of face masks when requested.
- No sharing of food or drink.
- Postponing your visit if you have COVID-19 symptoms.
- **In Scotland**, you must provide evidence of a negative Lateral Flow Test, taken within the previous 24 hours.

## Postponing your operation

We are likely to postpone your operation if:

- you test positive for COVID-19
- you have respiratory symptoms of COVID-19
- you are not well enough for your operation

If your operation is postponed you should speak to your specialist team as soon as possible about rescheduling it.

## Timing of Surgery after COVID-19



Circle Health Group adopts the recommendations regarding the timing of surgery from a number of UK bodies. It is advised that a period of 7 weeks from COVID-19 infection is observed before planned surgery is rescheduled unless this is outweighed by the risk of deferring your surgery. This decision will be made in conjunction with your Consultant.

### Supporting you after your procedure



#### Recovery and discharge

After your procedure, you will be able to recover in your own private, single room.

The length of time you spend in the hospital will depend on the complexity of your procedure and the speed of your recovery. For some procedures, it's possible you'll be able to leave the hospital on the same day.



#### Returning home and rehabilitation

When you are discharged from hospital, it's important you follow the advice in your discharge letter to support your recovery. We'll provide a contact number for the hospital and we'd urge you to call if you need advice or have any concerns.



#### Follow-up appointments

Before you leave the hospital, we will give you details of any follow-up appointments and care you need.

### Here to help

Our team is here to help you – before, during and after your visit to one of our sites. We're always happy to listen to any concerns you may have, provide guidance and information you require and support your wellbeing.