

Operations at Weymouth Street Hospital and Covid-19

Thank you for choosing Weymouth Street Hospital for your procedure. This leaflet will advise you of your required commitments and additional precautions we are using to keep you safe. Please read it as soon as possible and contact us on 0203 075 2338 if you have any concerns or require clarification.

The following guidelines are put in place in order to reduce the risk of Covid 19 infection. Infection prior to your procedure and during your recovery carries significant additional risk for you the patient, so we urge you to follow these instructions.

Weymouth Street Hospital is a Covid free hospital. All patients are required to have a negative nasal PCR Covid swab and complete a minimum of 72 hours isolation before admission. This keeps all our patients and staff as safe as possible.

Please minimise your risk of becoming infected by social distancing, wearing a mask and frequent hand washing

ISOLATION

In line with NHS guidelines, all patients must isolate from the point of their Covid swab until their admission. This is the minimum isolation period, however we strongly suggest you isolate for seven days before your admission. Ideally, if feasible, fourteen days isolation is considered best practice. This dramatically reduces your risk of coming in contact with anyone who may have Covid-19 or other flu-like symptoms.

Please see the isolation advice clearly listed on the next page. You must stay in your home. If you live with others who cannot isolate with you, please ask them to socially distance within the house as much as possible.

PRE-OP PCR NASAL SWAB

You will be required to have a nasal swab 3-4 days before your operation. This can be done at our 25 Harley street clinic, Marylebone. If you cannot come to our clinic, please call our Pre-assessment team on 0203 075 2338 as soon as possible to discuss alternative options. Please be aware there is increased risk in not receiving a result by your procedure date, if you choose the alternative option of a local swab or postal swab sent by Phoenix. This will result in your procedure being postponed.

Once the Covid swab is complete, you have begun isolation. We advise you take private transport home from your Covid swab and to the hospital on the day of admission. We ask that you do not attend other medical appointments during isolation without checking with us first.

ON THE DAY

Masks are required to be worn by patients at all times during your admission.

You will present to the Weymouth hospital at the time advised via email by our bookings team. We will take your temperature at reception and ask you to confirm you have no Covid-19 symptoms.

If you do develop symptoms between the Covid swab and prior to admission please call us for advice, and do not come to the hospital.

Please note, Weymouth Hospital currently operates a no guest policy. If you do require an escort for extenuating circumstances please be aware this must be pre-approved, and your escort must also have a negative PCR nose and throat swab.

AFTER YOUR OPERATION

You will need to isolate until the wound is healing and any inflammation is settling. This is normally about 3 days. Please seek advice from your consultant regarding appropriate post-operation isolation.

We wish you a speedy and safe recovery

Isolation rules

These are very important. If you do not follow them your operation will have to be postponed.

During your self-isolation period, **you must**

Stay at home - do not go to work (work from home if possible), school, use public transport or go out to buy food or other essentials.

Ensure you have a sufficient supply of essential medicines and food before you self-isolate.

Do not have any visitors, except people who give you essential care (who must use PPE)

Avoid contact with other members of your household as much as possible unless they too are able to isolate with you. For example:

- Avoid using shared spaces such as kitchens and bedrooms whilst others are present
- Wash your hands more often, with soap and water for at least 20 seconds and avoid touching your eyes, nose and mouth with unwashed hands
- Clean and disinfect frequently touched objects and surfaces in the home
- Keep the home well ventilated with windows open
- Minimise the time you spend in shared spaces.

We appreciate this can be difficult to achieve. Some practical measures include sitting in different chairs when watching TV, only allow one person to prepare food at a time, using a separate bathroom or cleaning bathroom surfaces between each use, using different towels, sleeping separately and spending time outside in your garden if you have one.

If you have contact with anyone suspected or a confirmed case of Covid-19, or if you or someone else in your household develops symptoms, please call us on 0203 075 2338. Please do NOT come to the hospital either for your swab or your operation. We also ask you to call us if you are contacted by track and trace or receive a contact warning on an app.