

Preparing for Your Surgery

Preparing for your surgery looks different during the COVID-19 pandemic. Our focus continues to be your health and safety. Please refer to the “For Your Safety” list of things you can do the help ensure you are well prepared for your surgery.



Before Your Surgery

Our Pre-Admission Clinic will contact you by phone to arrange an appointment prior to your surgery.

Visitor restrictions are in place to protect our patients and caregivers. Patients should come to their appointment alone. When you arrive at the hospital you will be asked a series of screening questions and asked to follow any COVID-19 protocols.

At this appointment you will review your surgery and health history and meet with the anesthesiologist if necessary. You will be asked for designated visitor name(s) in advance of your surgery. We will explain any visitor restrictions that are in place at the time of your surgery.

You will also be told your surgery time, expected discharge time and will have the opportunity to ask questions.



COVID-19 Testing

Your physician may order a COVID-19 test. The test might be done at your Pre-Admission appointment or on a date closer to your surgery.

You must self-isolate from the time of your COVID-19 test until your surgery. Scheduled surgeries and procedures may be cancelled for patients with suspected or confirmed COVID-19.

For Your Safety

Please follow these guidelines to prepare for your surgery:

- Self-isolate for 14 days prior to your surgery to reduce your risk of infection. This may include limiting contact with family in your household and friends
- Clean your hands frequently and practice physical distancing.
- Wear a mask in public places
- Contact your surgeon immediately if you develop any COVID-19 symptoms

Please check the list of symptoms on the Government of Canada’s website.

3

On The Day of Your Surgery

Unless otherwise directed by your healthcare provider, please arrive at the hospital three (3) hours prior to your scheduled surgery time.

Do not arrive earlier than this time. We are doing our best to ensure physical distancing in our waiting rooms and clinics and if you arrive too early you will be asked to wait in your vehicle.



Visitor Restrictions

Some people may require a support person to accompany them to the hospital. In most cases, surgeons will provide updates to your designated support person via telephone.

Our waiting rooms have been updated to ensure we are able to safely, physically distance and this may impact our ability to accommodate everyone. Some support people may be asked to wait in their vehicles. Those who are able to stay will be asked to remain in the designated waiting room until the patient is discharged.



Overnight Stays

If you are staying overnight, please bring your personal belongings with you when you arrive for surgery. They will be taken to your room on an inpatient unit after your surgery.

In an effort to reduce the spread of COVID-19 in our hospitals, visitor restrictions are in effect. Current visitor restrictions will be explained at the time of your surgery.