

Preparing for Your Surgery



Preparing for your surgery looks very different during the COVID-19 pandemic. Our focus continues to be the health and safety of our patients, staff and physicians.

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.

When you arrive at the hospital you will be asked a series of questions, given a Visitor sticker and a screening card that you will take with you to your clinic appointment. You will also be asked to clean your hands. We ask that you maintain appropriate physical distancing of 6 feet and follow any COVID-19 signage.

At this appointment you will review your surgery and health history with a nurse and meet with the anesthesiologist if necessary. You will 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

To help you prepare for a successful surgery we recommend you follow these guidelines:

- We recommend that you 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.
- Practice physical distancing.
- Please wear a mask in public when physical distancing is not possible. You and your support person should wear your own masks when you come to the hospital, including homemade cloth masks.
- Contact your surgeon immediately if you develop any of the following COVID-19 symptoms:
 - Fever
 - New onset of cough
 - Worsening chronic cough
 - Shortness of breath
 - Difficulty breathing
 - Sore throat
 - Runny nose
 - Sneezing
 - Nasal congestion
 - Decreased/loss of smell or taste
 - Chills
 - Headache
 - Unexplained fatigue
 - Nausea/Vomiting
 - Diarrhea
 - Abdominal pain
 - Muscle aches
 - Pink eye (conjunctivitis)
 - Hoarse voice or difficulty swallowing



On the Day of Your Surgery

Unless otherwise directed by your healthcare provider, please arrive at the hospital **2 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. If you arrive too early you will be asked to wait in your vehicle.

When you arrive at the hospital entrance you will go through the screening process and proceed to the Surgical area of the hospital.

When you register in the Surgical department, please ensure that the contact information for your support person is accurate. In most cases, surgeons will provide updates to your support person using the telephone contact information that has been provided.



Visitor Restrictions

We recognize that some individuals may require a support person to accompany them to the hospital. While we are currently limiting the number of people who are coming into our buildings due to COVID-19, we continue to accommodate the need for support persons where it is safe to do so.

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. Please speak to your healthcare team for more information.



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. Your support person will not be permitted to visit you while you are an inpatient.



Do Your Part to Keep Everyone Safe

Please respect the physical distancing measures and signage put in place to keep our patients, visitors, staff and physicians safe. This includes standing in line to enter the hospital, as well as in the food court, elevators and waiting areas.

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For the latest updates on our COVID-19 precautions, please visit www.haltonhealthcare.com