

Information for patients undergoing surgery during COVID-19

For your health, and for the safety of staff, we want to ensure you minimize your chance of getting COVID-19 in the time leading up to your surgery. Please follow the instructions below to help you minimize your risk and minimize the chance of your surgery being cancelled or postponed.

Self-isolation / physical distancing

Self-isolate for 14 days before the day of your procedure or surgery (or as long as possible, if there are less than 14 days before your surgery). If it is not possible to self-isolate, you must adhere to physical distancing recommendations. More information on self-isolation and physical distancing is available through [Public Health Ontario](#). You should avoid:

- Non-essential trips outside your home
- Hugging or shaking hands
- Crowds or gatherings
- Visiting friends or family
- Sharing food or utensils
- Engaging in group sports or activities

Hygiene

- Wash your hands often for at least 15 seconds and avoid touching your face
- Disinfect commonly touched surfaces regularly

Monitor symptoms

Immediately notify your surgeon if you or your household develops any of the following symptoms, or are diagnosed with COVID-19:

- Fever >38.0 C (100.5 F) or chills
- New or worsening cough
- New or worsening runny nose/nasal congestion
- New or worsening shortness of breath
- Diarrhea, nausea/vomiting
- Sore throat, painful swallowing
- Loss of sense of smell/taste
- Headaches (new or unexplained)
- Runny nose, or nasal congestion

COVID-19 Surgical Patient Instruction Sheet

Pre-procedure or pre-operative COVID-19 testing

You will be called 2-4 days prior to your procedure / surgery to determine your risk factors for COVID-19 and to arrange for a COVID-19 test if needed.

Important information about testing:

- You will require a COVID-19 test if you live in a public health region that is NOT in the Green zone <https://covid-19.ontario.ca/zones-and-restrictions>
- You will require a test if you have visited (indoors for longer than 15 minutes) or had guests from a RED or GREY zone in the past 14 days
- If you refuse to have a COVID test that is indicated, your surgery will likely be cancelled or postponed
- Testing will be arranged and booked for you at the Beechgrove Assessment Centre in Kingston so we can be sure the test results are completed and available at the time of your surgery
- After you have had your COVID-19 test, you will need to self-isolate until the day of your surgery. If you interact with anyone, you must wear a mask.

Day of surgery or procedure

- Monitor for symptoms and call the hospital if you develop any new symptoms listed above since your last screening.
- Keep your mask on over your nose and mouth at all times while at KHSC
- Avoid using public transportation
- Arrive at the main entrance of the hospital where you will be asked screening questions. Please answer screening questions carefully and honestly when you arrive.
- Only one person may accompany you to the hospital. This person cannot be from a red or grey (lockdown) area and must not have visited those areas in the last 14 days.
- Bring only essential items
- Do not bring valuables to the hospital. We are unable to securely store your belongings during your surgery and space is limited.

Visitors

In order to keep patients and staff safe, KHSC has made temporary changes to limit the presence of family/loved ones. We encourage tools such as FaceTime, text messaging, or phone calls (phones are provided in all inpatient rooms) to communicate with and support each other.

- One family member, identified as your designate family member, may visit during your stay. The family member must be registered by the clinical inpatient unit.
- To limit the number of people in the hospital, a family member of a patient on even-numbered floors is allowed to visit on even-numbered days and vice versa for odd-numbered floors and days.