



**Lakeridge
Health**

Surgeries/Procedures at Lakeridge Health during COVID-19 Frequently Asked Questions

How do I stay safe leading up to my surgery?

- Before surgery, you will be asked to self-isolate at home for 10 days. Self-isolation is a strategy used to reduce your risk of encountering the COVID-19 virus.
- If you are in a room with other people, keep a distance of at least two meters from others and wear a mask that covers your nose and mouth.
- Hand-wash or use hand sanitizer before and after contact with any shared surface.
- Do not share any items such as food and drinks, eating utensils, bed linens, towels, washcloths, toothbrushes, or cigarettes.

Failure to follow the suggested physical distancing and self-isolation may result in your surgery being postponed.

If you must go to work/an appointment/unbreakable commitment within 10 days of surgery:

- Use virtual options to work from home and/or connect with friends and family.
- Maintain at least two metres from other people whenever possible.
- Wear a mask when leaving the house and while at work.
- Avoid common areas at work.
- Avoid common greetings, such as handshakes and hugs.
- Use online shopping or have someone else do your shopping for you.

I am feeling unwell within 10 days before my surgery/on the day of my surgery. What should I do?

If you have any of the following symptoms DO NOT come to the hospital. Stay home and notify your physicians' office.

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|--------------------------|-------------------------------|----------------------------------------------------------------------------------------------------|
| • New or worsening cough | • Sore throat | • General feeling of being unwell |
| • Chills | • Changes to taste and smell | • Fatigue, muscle aches/pains |
| • Fever | • Headache | • Gastrointestinal symptoms (abdominal pain, nausea, vomiting, diarrhea and/or decreased appetite) |
| • Shortness of breath | • Runny nose/nasal congestion | |
| • Pink Eye | | |

Will I have a COVID-19 test prior to my surgery/procedure?

Your surgeon may request you to have a COVID-19 test **THREE days** (72 hours) prior to your surgery or on the day of your surgery. The purpose of this test is to help the health care team plan for your safety both during and after your surgery/procedure. If your surgeon tells you to have a COVID-19 test three days before, please arrange to have your COVID-19 test conducted through one of the Lakeridge Health Cold, Flu and COVID Care Clinics. You can book your test at covid19swab.lh.ca. If you require assistance completing the online form, contact the Durham Region Health Department at 1-800-841-2729.

When booking a COVID-19 test through the online form, under the eligibility section scroll down to and answer YES to the below question. This will trigger the system to automatically book an appointment for you three days before your surgery.

Instructed by health care provider to have swab done prior to surgery or medical procedure

Refer to the Cold, Flu and COVID Care Clinics hours of operation below and choose a location that is open on the day you require your COVID-19 swab.

If your appointment time falls outside of the three days prior to your surgery/procedure, double check, you have chosen a testing center that is open three days before your surgery. If you did not choose a location open on the day of the week required for your COVID-19 swab, you will have to cancel your appointment and rebook choosing the COVID-19 testing location that is open three days before your surgery.

If your surgery is on...	Monday	You need a COVID test done on the Friday before your surgery
	Tuesday	You need a COVID test done on the Saturday before your surgery.
	Wednesday	You need a COVID test done on the Sunday before your surgery.
	Thursday	You need a COVID test done on the Monday before your surgery.
	Friday	You need a COVID test done on the Tuesday before your surgery.

If you are to have a COVID-19 test on the day of your surgery, it will be conducted in the Day Surgery department.

Cold, Flu and COVID Care Clinics Hours of Operation*

Location	Days of Operation	Hours of Operation
Courtice IDA Pillwise Pharmacy 1405 Bloor St Unit #5 (Intersection of Townline and Bloor)	Monday-Sunday	9:00 a.m.-8:00 p.m.
Oshawa 550 Bond Street West (Intersection of Bond and Stevenson)	Monday-Sunday	8:30 a.m. – 7:30 p.m.
Oshawa 117 King Street East Just across from Riley's Pub	Monday-Friday	8:00 a.m.-4:00 p.m.
Oshawa Taunton Health Centre 1290 Keith Ross Drive (Near Oshawa Airport)	Monday-Friday	8:00 a.m.-4:00 p.m.
Pickering 1101 Kingston Road Unit 140 (Beside Glendale Pharmacy)	Monday, Wednesday, and Friday	2:00 p.m.-8:00 p.m.
	Saturday and Sunday	9:00 a.m.-3:00 p.m.
Port Perry 19 Jeffery Street Prince Albert, Ontario	Monday-Sunday	12:00 p.m.-4:00 p.m.

*Hours of operation are subject to change. Please ensure you have booked an appointment prior to arriving at the clinic. Additional testing centres can be found online at ontario.ca.

How is Lakeridge Health working to reduce the spread of the COVID-19 virus?

- All patients will receive a time to arrive at the hospital from their physician's office. Arrive earlier than this time.
- There are self-screening stations located at every entrance with hand sanitizer and masks for your use. You will be required to wear a mask while on hospital property. Hospital staff will also be wearing masks to protect you and themselves from COVID-19 spread.
- There is a visitor policy in place. A maximum of two (2) visitors are allowed to visit at the same time for inpatients. Due to limited space in our Surgical Ambulatory Clinics, one to two (1-2) visitors are allowed to accompany the patient.
- Hand sanitizer stations are located throughout the hospital. Please practice frequent hand hygiene as you move through the various locations within the hospital.

How will my ride home know I am ready to be picked up?

A staff member will call your ride home and plan a pickup time and location. We ask your ride to be readily available to pick you up.

Can I bring my own cell phone/tablet from home?

Absolutely! To stay connected with family and friends please bring your devices. Please keep your items secure. Lakeridge Health is not responsible for lost or stolen items.

Where can I find more information?

If you have any further questions regarding COVID-19, please visit Durham Region Public Health Department's website at [durham.ca](https://www.durham.ca). For questions specific to your surgery/procedure, please contact your physician's office directly.