

Surgery / Procedure at Lakeridge Health During COVID-19 Pandemic 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 coming into contact with the COVID-19 virus.

- ✦ If you are in a room with other people, keep a distance of at least 2 metres 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 I have to go to work/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 2 metres from other people whenever possible.
- ✦ Wear a mask when leaving the house and while at work.
- ✦ Avoid common areas at work.
- ✦ Avoid common greeting 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 surgery / on the day of surgery what should I do?



Do not come to the hospital, stay home and notify your Physicians' office.
COVID-19 signs/symptoms may include:

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

COVID-19 Testing

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

The purpose of this test is to help the health care team plan for your safety both during and after your surgery / procedure.

Your surgeon may request you to have a COVID-19 test 3 days(72 hours) prior to your surgery or on the day of your surgery. If you are being admitted overnight in the hospital it is important to ask your surgeon when you should have your COVID-19 test. If your surgeon tells you to have one 3 days before please arrange to have your COVID-19 test collected through one of our Lakeridge Health COVID Assessment Clinic, [covidswab.lh.ca](https://www.covidswab.lh.ca) If you are to have COVID-19 test on the day of your surgery, it will be collected in the Day Surgery department.

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 3 days before your surgery.



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

Refer to the COVID Assessment Clinic 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 3 days prior to surgery / procedure double check you have chosen a COVID-19 testing center that is open 3 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 3 days before your surgery.

Every effort should be made to have your pre-operative COVID- 19 test 3 days prior to your surgery / procedure to minimize the risk for delays and/or cancellation.

If your surgery day 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.

COVID – 19 Assessment Hours of Operation

Location	Days of Operation	Hours of Operation
Clarington Assessment Centre	Monday & Wednesday	9:30 am – 3:30pm
	Tuesday & Thursday	12:30 pm – 6:30pm
	Friday	12:30pm-4:30pm
	Saturday	9 am- 12 pm
Pickering Assessment Centre	Monday, Wednesday & Friday	10 am-6 pm
	Saturday & Sunday	9 am-2 pm
Pickering Chestnut Hills Assessment Centre	Monday – Friday (closed 12:00pm-1:00pm)	9 am – 7 pm
	Saturday & Sunday	8 am – 4 pm
Port Perry Assessment Centre	Monday & Wednesday	8 am – 4 pm
	Tuesday & Thursday	12 pm – 8 pm
	Friday, Saturday & Sunday	12 pm – 4 pm
Whitby Assessment Centre	Monday – Friday	9 am – 4 pm
	Saturday	9 am – 2 pm

** Hours are subject to change, please ensure you have a booked appointment prior to arriving to the clinic to prevent showing up to a closed clinic**



Lakeridge Health has been working to reduce the spread of the COVID-19 virus in many ways.

- ✦ All patient's will receive a time to arrive at the hospital from their physician office. Do not arrive earlier than this time.
- ✦ Staff are located at each entrance asking a series of questions related to COVID-19 symptoms to all staff and patients entering the hospital.
- ✦ There is a **restricted/no visitor** policy in place. If you require assistance for exceptional circumstances including: mobility, cognitive, mental, visual and/or hearing impairment or language barrier let your physician's office know.
- ✦ You will be asked to wear your mask while on hospital property. Mask's are provided to everyone entering the hospital.
- ✦ Hospital staff will also be wearing masks and eye wear to protect you and themselves from COVID-19 spread.
- ✦ Hand sanitizer stations are located throughout the hospital, use these stations to practice frequent hand hygiene; as you move through the various locations within the hospital.
- ✦ Appointment times have been altered to maintain social distancing practices.

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

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



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

Absolutely!

To stay connected with family/friends please bring your devices.

(Lakeridge is not responsible for lost or stolen items).



*All patient's must arrange an appointment through the Lakeridge Health Website **covidswab.lh.ca**. If you require assistance filling out the online form contact your family doctor or the Durham Region Health Department at 1-800-841-2729.*

If you have any further questions regarding COVID-19 specifically please see Durham Region Public Health Department's website at www.durham.ca. For questions specific to your surgery / procedure please contact your Physicians office directly.