

## Surgery at Lakeridge Health During COVID-19 Frequently Asked Questions

### What do I need to do leading up to my surgery?

#### Vaccination

Vaccination is one of the best defences against COVID-19. Visit our [COVID-19 Vaccine Information page](#) for the latest information on where you can receive the vaccine.

#### Self Isolate

Before surgery, we recommend you self isolate at home for 14 days to reduce your risk of coming into contact with the COVID-19 virus.

- If you are in a room with other people, stay physically distant and wear a mask that covers your nose and mouth.
- Wash your hands or use hand sanitizer before and after contact with any shared surfaces.
- Do not share items such as food and drinks, eating utensils, bed linens, towels, washcloths, toothbrushes, or cigarettes.

If you have to go to work, appointment/unbreakable commitment within 14 days of surgery:

- Use virtual options to work from home and/or connect with friends and family.
- 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.

### If I am feeling unwell within 14 days before surgery or on the day of surgery what should I do?

Do not come to the hospital, stay home and notify your surgeon's office.

COVID-19 signs/symptoms may include:

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



## COVID-19 Testing

### Do I need a COVID-19 test prior to my surgery?

You may be required to have a COVID-19 test three days (72 hours) prior to your surgery. Your healthcare team will let you know if you need a COVID-19 test.

If you require a COVID-19 test and your surgery day is on:

**Monday** have your COVID-19 test on the **Friday before** your surgery

**Tuesday** have your COVID-19 test done on the **Saturday before** your surgery

**Wednesday** have your COVID-19 test done on the **Sunday before** your surgery

**Thursday** have your COVID-19 test done on the **Monday before** your surgery

**Friday** have your COVID-19 test done on the **Tuesday before** your surgery

For timely COVID-19 test results, we ask you arrange to have your COVID-19 test conducted through a Lakeridge Health COVID-19 Assessment Clinic. To book a COVID test visit [COVID-19 Assessment Centres page](#) for more details on location and hours of operation. **No walk-in appointments will be accepted.**

You can also scan this QR code to complete the Lakeridge Health COVID-19 testing online registration form. Once the form is completed you will be contacted by the COVID-19 Assessment Clinic by phone or email with an appointment date and time for your COVID-19 test. It takes approximately 24 hours to receive your appointment date and time. Please ensure you are checking your email and voicemail frequently.



If your appointment time falls outside of the three days prior to surgery, please follow the instructions to reschedule to meet the three-day requirement.

If you require assistance completing 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 visit Durham Region Public Health Department's website at [www.durham.ca](http://www.durham.ca). For questions specific to your surgery, please contact your surgeon's office directly.

### How does Lakeridge Health reduce the spread of COVID-19 while I am in hospital?

- All patients receive a time to arrive at the hospital from their surgeon's office. Avoid arriving earlier than this time. Appointment times have been scheduled to maintain social distancing practices.
- Screeners are located at each hospital entrance asking a series of questions related to COVID-19 symptoms to all staff and patients entering the hospital.
- There is a restricted visitor policy in place. Please review the [Family Presence Information](#) on our website.
- If you require assistance for exceptional circumstances, including mobility, cognitive, mental, visual, and/or hearing impairment or language barrier, please let your surgeon's office know.
- You will be asked to wear a mask while on hospital property. Masks are provided to everyone entering the hospital.
- 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.



**How will the person picking me up know I am ready to go home?**

A staff member will call the person scheduled to pick you up to plan a pickup time and location. Please tell the person to be readily available. A staff member will escort you to meet them.



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

Absolutely! To stay connected with family and friends please bring your device and charging cable. Please note that Lakeridge Health is not responsible for lost or stolen items.

