

# Patient Information

## Isolating before your surgery

The Department of Health and Human Services (DHHS) have imposed guidelines for pre-operative COVID-19 testing for **all** elective surgical patients from Wednesday, 15 July 2020. We currently recommend the test be performed a minimum of five days, and no more than seven days **prior to admission** to hospital for surgery. Following testing, patients are advised to self-isolate until their admission to hospital.

Epworth is working with its surgeons to facilitate a smooth process for COVID-19 tests, screening and the completion of required admission paperwork.

### Isolation before surgery involves the following for patients/carers:

- > It is important you **remain** at your place of residence/home.
- > **DO NOT** leave except to seek medical help or in an emergency. **DO NOT** go to work, school or public areas and **DO NOT** use public transport/taxi/Uber.
- > **DO NOT** allow other people into your place of residence if they do not live there.
- > **Avoid sharing household items.** Please **DO NOT** share dishes, drinking glasses, cups, utensils, towels, bedding or other items with any people in your home. After using these items, you should wash them thoroughly with hot water and detergent.
- > **Wash your hands** often and thoroughly with soap and water for at least 20 seconds. You can use alcohol-based hand sanitiser if soap and water is not available and your hands are not visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.
- > STAY 1.5m from others in your home.

- ! Members of the household **MUST** follow Stage 3 guidelines.
- ! You **WILL** need to isolate until you come in for your surgery.
- ! If you become unwell, with a fever OR respiratory symptoms (cough, sore throat, shortness of breath), please visit your GP or Emergency Department, and notify the hospital.
- ! If you have your swab taken at a non-Epworth facility, please call us to inform us of the result and bring validation of your swab result when you present for admission. This is a mandatory requirement and the admission cannot proceed without your COVID-19 swab results.

Any questions or advice on where Epworth patients can get tested, please contact 03 9426 0666.