



Managing COVID-19

PRIOR TO ADMISSION

The London Clinic has produced the following information in accordance with the national guidelines from United Kingdom Health Security Agency to prepare all patients for their upcoming admission. It is important that you follow these instructions, to ensure your surgery can proceed. If you are unable to fulfil these requirements your surgery may be cancelled. Please speak to your consultant or our Pre-Assessment team if you have any questions.

LIMITING EXPOSURE TO COVID-19

There is evidence that undergoing a procedure while coronavirus positive, or developing coronavirus during your recovery, can cause serious health complications and severely impact your recovery. It is therefore important that you minimise the risk of catching the virus or of passing it on to others. The best ways to do that are by being fully vaccinated, wearing a facemask in busy indoor areas, washing hands regularly and keeping your distance from others where possible.

HEALTH ASSESSMENT

Once a decision has been made to go ahead with treatment, your consultant will carry out an assessment to confirm what measures you need to take prior to your admission. They will check:

- Your overall health and any existing health conditions
- If you are fully vaccinated against Covid-19 - bring proof of your vaccination status to your consultation to save time
- If you have any symptoms connected to Covid-19
- Whether you have been in contact in the last 10 days with anyone confirmed or suspected of having Covid-19.

Depending on the outcome of this assessment, your consultant will ask you to follow one of the routes described below.

OPTION 1: NO SELF-ISOLATION

If you are having a minor to moderate procedure, have been fully vaccinated and have no health concerns, you will not be required to self-isolate. Instead, you will need to carry out a lateral flow test on the day of your procedure, and before arriving at the hospital. Please show the email or text confirming your negative result to our front of house team on arrival, and the admitting clinical team. See the attached 'Lateral Flow Testing' leaflet for more details.

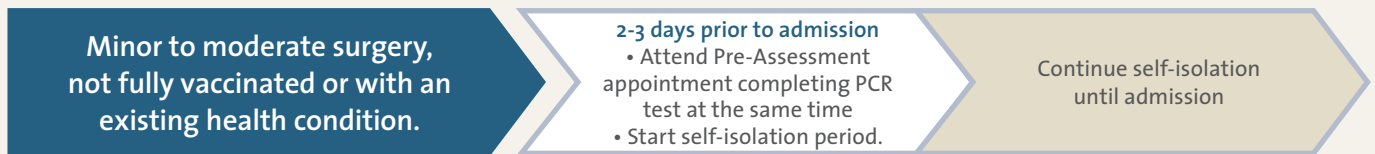
**Minor to moderate surgery,
fully vaccinated, with no existing
health conditions.**

2-14 days prior to admission
Attend on-site or telephone
Pre-Assessment appointment,
as required.

Day of procedure
Complete lateral flow test, and
bring email/text that confirms
negative result with you.

OPTION 2: SELF-ISOLATE FOR THREE DAYS

If you are having a minor to moderate procedure, but the assessment by your consultant has identified a concern, for example an existing health condition or that you have not been fully vaccinated, then you will need to self-isolate for three days prior to your procedure. You will also need to complete a PCR test three days prior, which our Pre-Assessment team will organise for you.



OPTION 3: SELF-ISOLATE FOR 7-14 DAYS

If you are having a major procedure, you will have to self-isolate prior to admission. Your consultant will decide for how long, which can be between 7 and 14 days. You will also need to complete a PCR test two to three days prior, which our Pre-Admissions team will organise for you. Attending essential medical appointments, while avoiding public transport, does not break self-isolation requirements.



WHAT DOES SELF-ISOLATION INVOLVE?

Pre-operative isolation

Self-isolation means minimising your interactions with other people, including household members. It is the most important thing you can do to protect yourself and others before your surgery, though we understand this may be challenging. If asked to self-isolate, you will need to:

- Stay at home at all times (but you can use your garden if you have one)
- Distance yourself from other members of your household
- Not have any visitors in your home, including other family, except in circumstances where essential care is being provided
- Avoid all gatherings
- If you have a carer, they must self-isolate too.

We recommend that you arrange for food, medicines and other essential items be delivered to your home. If you are employed, you will need to take time off work, or work from home to fulfil the self-isolation requirements. Please discuss this with your employer.

WHAT DOES SOCIAL DISTANCING AND HAND HYGIENE INVOLVE?

At all times you should maintain vigilant social distancing and hygiene practices as recommended by the UK government. This includes:

- Avoid close contact and remain socially distant (two metres wherever possible) from anyone you do not live with or who is not in your support bubble
- Wear a face covering in all enclosed public spaces
- Wash your hands regularly with soap and water for 20 seconds
- Wash your hands before and after touching your eyes, nose, and mouth
- Regularly sanitise household surfaces and items used continuously, including mobile phones and TV remote controls.

If you or anyone in your house becomes unwell, or you come into contact with anyone who is suspected or confirmed to have coronavirus, please notify your consultant immediately.

PRE-ASSESSMENT

Depending on the procedure being carried out, you may be required to attend a pre-assessment prior to admission. This is to assess whether you are healthy enough to go ahead with the planned procedure, and to confirm you have none of the symptoms linked to the coronavirus (see the following page for the list of symptoms). If you need additional testing, such as for Covid-19 or MRSA, then you will need to visit our main hospital at 20 Devonshire Place for the assessment.

We can only go ahead with your surgery if your test for coronavirus is negative and you confirm that you have completed any self-isolated period indicated by your consultant.

If you are suffering with any of the symptoms, it may be that you have the coronavirus. If this is the case, please do not attend the pre-assessment and notify your consultant so they can reschedule your admission. You will be asked to self-isolate for 10 days and to complete a PCR test, before your admission can be rescheduled.

ON THE DAY OF ADMISSION

If on the day of your admission you have any of the symptoms listed below, you must not come to the hospital:

- Fever equal to or above 37.8°C
- New continuous cough (with or without sputum)
- Sore throat
- Difficulty of breathing/more breathless than usual
- Nasal discharge or congestion
- Loss of, or change in, normal sense of taste or smell.

If you have any symptoms of the coronavirus you will not be able to have your procedure and will need to self-isolate for 10 days and get a PCR test. Please call us on **020 7935 4444** to inform us so we can book an alternative date for your procedure.

TRAVELLING TO YOUR APPOINTMENT

The risk of transmission of coronavirus in closed spaces, such as in buses, the London Underground and ferries, remains high. We recommend that wherever possible you travel to The London Clinic via a private vehicle. If this is not possible please use a taxi service. Keep the car well ventilated and sit as far away from anyone else in the car as possible.

ARRIVING AT THE LONDON CLINIC

We are continuing to minimise the spread of the coronavirus and ask for your support to keep everyone safe, including:

- Arriving no more than 10 minutes before your appointment time
- Limiting visitors to one person at a time, unless you need a carer and/or interpreter. We understand that this will be difficult for many of our patients and apologise for this essential requirement. Our team will provide you with as much support as possible during your visit
- Use the machines at the entrance to check your temperature
- Clean your hands using the supplied sanitiser. If you are wearing gloves, we will still require you to remove them and sanitise your hands in the same way. We ask that you do this at regular intervals during your visit
- Wearing one of the surgical masks provided at our entrances. You will not need to wear a mask in your bedroom unless your nurse advises you otherwise
- Respecting social distancing during your visit and ensure that you do not sit closely to others in the waiting rooms
- Taking you straight to your room to complete any outstanding registration paperwork there. You may wish to bring your own pen.

If going ahead with your procedure required you to be fully vaccinated and to have completed a lateral flow test on the day of admission, please ensure that you bring proof of both with you and show them to our front of house and clinical admissions teams

WHAT YOU CAN EXPECT FROM US

You can expect us to provide you with a safe and comfortable environment, which includes:

- Enhanced levels of cleaning, over and above our normal high standards. This includes regular cleaning of surfaces which are touched often and both deep cleaning of rooms and theatres between each patient
- Making your stay as comfortable as possible. We are continuing to offer our excellent range of meals and we have temporarily replaced magazines from our waiting rooms with access instead to a wide range of online newspapers and magazines through our wi-fi network
- Providing surgical masks and hand sanitiser at all entrances.