



Patient Isolation information Prior to Cataract Surgery

Government Guidelines from the NHS have mandated that all patients undergoing elective surgery, undergo a period of isolation whilst we are in this Covid-19 Pandemic period. Whilst we understand self-isolation, and potentially that of family members may be difficult, it remains necessary to keep you, staff, and other patients safe for your surgery and minimise the risk of spread. For all patients undergoing day-case cataract surgery at a CHEC Cataract & Surgical Centre, please follow the following guidance to ensure your surgery is not postponed or cancelled on the day:

- **STRICT self-isolation for 10 days prior to admission. Members of the same household should also be in isolation during this period.**
- **Show no symptoms such as cough and high temperature at pre-operative screening.**
- **If 10-day isolation hasn't been met. Must undertake a coronavirus PCR 72 hours before surgery, which must be negative 3 days prior to surgery date. 72 hours of isolation to take place after PCR test.**
- **Please bring the result of the test with you at the time of your operation.**

Tests are available via www.gov.uk/get-coronavirus-test and state it has been requested by the NHS.

What do we mean by self-isolation?

- Stay at home
- Do not go out to work
- Do not use public transport like buses, trains, tubes, or taxi
- Avoid visitors to your home
- Ask friends, family members or delivery services to carry out errands for you - such as getting groceries, medications, or other shopping.
- Strictly avoid contact with someone who is displaying symptoms of COVID-19. These symptoms may include high temperature new and continuous cough, and loss of taste or smell

Remember

1. Wash your hands regularly between surface contact for 20 seconds
2. Stay 2 metres away from other people
3. Wear a face mask with all person-person contact