



Before surgery, you should have had no symptoms of COVID-19 for at least 7 days prior to surgery: continuous cough, fever/high temperature (37.8C or greater), loss of, or change in, sense of smell or taste (anosmia)

Have been self-isolating for 7 days prior to surgery

Will not receive COVID vaccine 7 days prior to surgery

Have been isolating since Covid swab

Have a negative Covid-19 test within 72 hours of the procedure.

**Self-isolation** means you should remain at home and should not go to work, school, public areas or use public transport. You should not go out to buy food or other essentials. You must stay at home.

While you are self-isolating, you should:

- stay at least 2 metres (6 feet, or 3 steps) away from other people in your home
- stay in a different room from other people in your home, ensuring it is well-ventilated
- sleep alone in a separate bed
- spend as little time as possible in shared areas (sitting room, kitchen, bathroom)
- avoid using your kitchen while others are present
- use a separate towel to dry your hands after you wash them; and
- clean your kitchen, bathroom and other surfaces throughout the house every day

You should always:

- wash your hands with soap and water for 20 seconds regularly, or use an alcohol-based hand sanitiser if your hands aren't visibly dirty

- catch your coughs or sneezes in a disposable tissue and put it in the bin, or catch them in the crook of your elbow; and
- avoid touching your face, and especially your mouth, nose or eyes

It will be helpful to think about who you could ask for help to make sure you can stay at home and self-isolate successfully, such as your family, friends or neighbours who could collect food or medicines for you. You can also often arrange to have repeat prescriptions delivered, and retailers can offer deliveries of food and other essentials.

You can and should continue to exercise during self isolation either indoors or in a garden if you have access to one. It is important to stay physically active before surgery doing moderate intensity activities for 30 mins 5 times a week and 2 sessions of strengthening exercises.

You can find information about these services as well as other support on the [Ready Scotland](#) website or the NHS GGC [Support and Information Service](#)  
Tel: **0141 211 5476** Email: [sis@ggc.scot.nhs.uk](mailto:sis@ggc.scot.nhs.uk)

If you develop any symptoms of COVID-19 during self isolation you must contact the NHS to arrange to be tested. Do this online at [NHS Inform](#), or call 0800 028 2816.

When you arrive in hospital for your operation you will have your temperature measured and be asked some questions about symptoms of COVID-19. If your temperature is raised (above 37.8C) or you have symptoms, your operation will be postponed and you will given information about what to do next.

It is important that you report symptoms honestly as the risk of complications and death from surgery if you have or go on to develop COVID -19 are greatly increased.

More information on surgery during COVID -19 can be found at:

- [Patient Guidance on having operation during COVID-19](#)
- [Aqua Team Patient Booklet](#)