



PREOPERATIVE INSTRUCTIONS IN THE CONTEXT OF THE COVID-19 PANDEMIC

As soon as your surgery is scheduled or after a call from the Pre-Surgery Clinic (PSC), you must follow these instructions until you have your operation. The people who live with you must also comply with these instructions.

These instructions are designed to:

- protect you from the risk of contracting COVID-19 while waiting for your surgery;
- protect caregivers and other patients from the risk of contracting COVID-19 during and after surgery.



People with cancer or chronic diseases are at increased risk of developing complications as a result of COVID-19.

You MUST be tested for COVID-19 prior to surgery. That applies even if you have no symptoms. The Pre-Surgery Clinic (PSC) will send you the relevant information.

WARNING: Your surgery will be postponed if you do not have any test results or if they are positive. The following instructions must be strictly followed in order to reduce the risk of contracting COVID-19.

1. AVOID NONESSENTIAL ACTIVITIES.

- Avoid going to public places, other than to work or school. Activities must be limited to what is absolutely essential.
- Visits to at-risk areas must be avoided (red zones according to the alert levels).
- Authorized contacts:
 - Family bubble
 - For single persons, one visitor from another address (always the same visitor)
 - Natural caregivers
 - People offering services or support (e.g., a CLSC nurse)
 - Labour for planned work
- Avoid contact with suspected or confirmed cases of COVID-19.

In applying these instructions, we advise you to isolate yourself or reduce all your contacts to the strict minimum for the 14 days prior to your surgery.

At all times, follow the COVID-19 guidelines issued by the public-health department in your area. The people who live with you must also comply with them.

2. FOLLOW GOOD RESPIRATORY ETIQUETTE AND HAND HYGIENE PRACTICES.

Respiratory Hygiene

Respiratory etiquette is intended to minimize the spread of respiratory droplets when coughing, sneezing, or talking. This applies to you as well as to the people who live with you.

Maintain social distancing of 2 metres with people who do not live with you. If this is not possible, wear a face covering in private and public places.

When coughing or sneezing:

- Cover your mouth and nose with your arm.
- Dispose of the tissue as soon as possible and wash your hands immediately afterwards.

OR

- Cough/sneeze into the crook of your arm rather than your hand.
- Wash your hands immediately after coughing or sneezing.

Face Covering

Avoid touching it unless necessary. If you must do so, disinfect your hands before and after.

Follow the recommended technique for applying and removing a face covering. Information at canada.ca | **Coronavirus (COVID-19)**

Hand Hygiene

Hand hygiene refers to hand washing or hand sanitizing and actions taken to maintain healthy hands and fingernails.

It should be performed frequently with **soap and water for at least 15 to 20 seconds**:

- **Before and after** preparing food
- **Before and after** eating
- **After** using the bathroom
- **When** your hands look dirty
- **Before and after** touching your face covering

Washing your hands with **plain soap and water** is the preferred method of hand hygiene.

If **soap and water are not available**, use a **hand sanitizer containing at least 60% alcohol**. Cover all your hand surfaces (backs, palms, and between the fingers) and rub them until your hands are dry. For visibly soiled hands, use a wipe first to remove the dirt and then use a hand sanitizer.

Avoid touching your eyes, nose, or mouth with unwashed hands.

3. WATCH FOR COVID-19 SYMPTOMS.

- Fever of 38 °C or more
- Cough (new or worsened)
- Shortness of breath, difficulty breathing
- Sore throat
- Runny or stuffy nose
- Sudden loss of smell without a stuffy nose, with or without loss of taste
- Fatigue or weakness
- Significant loss of appetite
- Headache
- Generalized muscle aches (not related to physical exertion)
- Gastrointestinal symptoms (nausea, vomiting, diarrhoea, abdominal pain)

Immediately notify the Pre-Surgery Clinic (PSC) or hospital admitting department if COVID-19 symptoms appear. You will be given priority treatment, specific to your situation, because you are awaiting surgery. A nurse will guide you through the process.

Questions about symptoms?

Call the Quebec government's COVID-19 information line at 1-877-644-4545 to allow for a more in-depth evaluation to be conducted.

4. AVOID SHARING PERSONAL HOUSEHOLD ITEMS.

Do not share personal items such as toothbrushes, towels, facecloths, bedding, cigarettes, unwashed kitchen utensils, beverages, telephones, computers, or electronics with others.

5. CLEAN ALL SURFACES THAT ARE TOUCHED FREQUENTLY.

Toilets, bedside tables, and door handles should be disinfected daily, as should be frequently touched electronic devices such as telephones, remote controls, tablets, and computers.

At work, you need to also clean surfaces and objects that you use frequently.

If you must go out to a public place, carry a small bottle of hand sanitizer made with at least 60% alcohol.

At all times, follow the COVID-19 guidelines issued by the public-health department in your area.

Source: Government of Canada

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/interim-guidance-cases-contacts.html>

Authors

Huy Ling-Ong, Senior Clinical Advisor, Infection Prevention and Control
Dr. Anne Méziat-Burdin, Head, Département de chirurgie
Dr. Frédérick Mior, Clinical Director, Département d'anesthésie
Janick Bélanger, Coordinator, Direction des services professionnels

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Service des communications
Direction des ressources humaines, des communications et des affaires juridiques

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