

Pre-Surgery Instructions for Procedures Requiring an Overnight Stay in Hospital

As the COVID-19 cases rise in the community, Cambridge Memorial Hospital (CMH) has implemented 3 important safety protocols prior to your booked surgery.



1) You must have a Covid-19 swab test done 3-5 days prior to your surgery.



- The CMH COVID-19 Assessment Centre is located at 215 Holiday Inn Drive, Cambridge
- The number to call to book your appointment for your test is **226-895-1050**
- Please advise on booking that you are booked for surgery at CMH

2) You must self-isolate a minimum of 14 days prior to your surgery.

- Self-isolating at home includes:

- **Staying at home**

- Work from home, if possible
- Attend school online, if possible
- Have someone go to the grocery store for you, if possible
- Only leave your home to keep medical appointments (including COVID test)



- **If you must leave your home, practice physical distancing (also known as social distancing)**

- Keep a distance of 2 meters between yourself and others
- Wear a face mask
- Use hand sanitizer whenever needed
- Cover your coughs and sneezes with a tissue or into your elbow/sleeve area



- **Allow no visitors into your home unless they are essential (e.g. caregivers)**
- **People living alone should limit their social interactions to only 1 or 2 essential support persons**
- **Avoid contact with other people, including others living in your home**
 - Use a separate bedroom and bathroom, if possible
 - If a separate bathroom is not possible, clean all surfaces with a disinfectant after use

3) Please call your Surgeon's office with any positive results to plan next steps.

Thank you for your cooperation.