

# Preparing for Elective Endoscopy Admissions - Advice for Patients

An information guide



# **Preparing for Elective Endoscopy Admissions - Advice for Patients**

## **Surgery during the Coronavirus pandemic**

All our care organisations across the Northern Care Alliance are working tirelessly to tackle the impact of the Coronavirus pandemic. The delivery of safe procedures is the utmost priority for us all, patients, family and staff.

Due to the increased health and safety risks associated with this virus, some extra steps are needed to safeguard you and the staff who are going to look after you whilst you are in hospital.

Your team have recommended an Endoscopy and it is essential that you follow the advice in this leaflet to ensure that everybody is protected from potential infection.

## **Planning for your endoscopy**

Your clinical team will discuss the new procedures and processes in place to ensure your safety and to safeguard all our staff during the pandemic. They are there to address all your concerns and answer all your questions.

The routes into our care organisations and the wards within them have been redesigned to ensure the safest pathway for you and to minimise your risk of infection from admission to discharge.

## **Prior to coming into hospital it is important that you**

1. Confirm that you have not had COVID-19 symptoms in the last 14 days (see below).
2. Confirm that no member of your household is currently unwell with COVID-19 symptoms (see below).
3. Commit to shielding at home prior to your procedure for 14 days.
4. Commit to a swab test for COVID-19, 3 days before your endoscopy and be aware that if you do not attend for your test or if it is positive your procedure may be postponed.

***The most important symptoms of coronavirus (COVID-19) are recent onset of any of the following:***

- A new continuous cough.
- A high temperature.
- A loss of, or change in, your normal sense of taste or smell (anosmia).

## **On the day of your endoscopy**

- You will enter the hospital through an entrance specified in your admission letter.
- You will have to pass a security check to enter the hospital. You will be directed to the receiving area where you are due to have your endoscopy.
- Your swab test result will be reviewed.
- The staff treating you will be wearing face masks and personal protective equipment (PPE) for your protection and you may also be given a face mask during your stay.
- No visitors are allowed; we will ensure your family are updated on the progress of your endoscopy and video calling may be allowed.

## **It is important to understand that:**

- The risk to you of proceeding with the planned endoscopy is a combination of normal risks of the procedure plus additional risks of you developing COVID-19. There is some very limited evidence that catching COVID-19 whilst recovering from the procedure may mean a more serious form of the disease could occur. The true outcomes of COVID-19 infection in endoscopy patients are not currently well known.
- Coming into hospital may increase the chance of contracting COVID-19.
- You are expected to shield for 14 days in the run up to the endoscopy. This is very important. Shielding requires you to follow a certain protocol as set out by public health England/ NHS (\*as below).
- You will be tested for COVID-19 with swabs from your nose and back of throat prior to planned endoscopy (usually 3 days before admission).
- Swab testing is not 100% accurate and can miss cases of the condition (approximately 1 in 10).
- You will be informed of the result of your swab (Positive or Negative) prior to your endoscopy.
- If your test is positive your endoscopy may have to be postponed for your own safety.
- Your treatment may be delayed, performed differently or cancelled at short notice during the COVID-19 pandemic.
- Given the COVID pandemic, your treatment date may change at short notice.
- Visitors may not be allowed during your stay in hospital.
- Our care organisations continue to bring forward a range of steps and procedures to minimise risks to patients of COVID-19

## **\*Self Isolation or Shielding**

### **Shielding at Home**

You should remain at home for the minimum of 14 days before the day of the procedure and you must attend for your pre-arranged Covid-19 swab test typically 3 days before your endoscopy date.

- **If you wish to spend time outdoors (though not in other buildings, households, or enclosed spaces) you should take extra care to minimise contact with others by keeping 2 metres apart.**
- **If you choose to spend time outdoors, this can be with members of your own household. If you live alone, you can spend time outdoors with one person from another household (ideally the same person each time).**
- **You should stay alert when leaving home: washing your hands regularly, maintaining social distance and avoiding gatherings of any size.**
- **You should not attend any gatherings, including gatherings of friends and families in private spaces, for example, parties, weddings and religious services.**
- **You should strictly avoid contact with anyone who is displaying symptoms of COVID-19 (a new continuous cough, a high temperature, or a loss of, or change in, your sense of taste or smell).**

## **Shielding Whilst Living with other people**

The rest of your household do not need to start shielding themselves, but they should do what they can to support you in shielding and to carefully follow guidance on staying alert and safe (social distancing). This can be found at <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing>.

At home you should still:

- Minimise the time other people living with you spend in shared spaces such as kitchens, bathrooms and sitting areas, and keep shared spaces well ventilated.
- Keep 2 metres (3 steps) away from people you live with and encourage them to sleep in a different bed where possible. If you can, use a separate bathroom from the rest of the household. Use separate towels from the other people in your house, both for drying yourself after bathing or showering and for hand-hygiene purposes.
- If you share a toilet and bathroom with others, it's important that they are cleaned every time after use (for example, wiping surfaces you have come into contact with). Consider drawing up a rota for bathing, with you using the facilities first.
- If you share a kitchen with others, avoid using it while they're present. If you can, take your meals back to your room to eat. If you have one, use a dishwasher to clean and dry used crockery and cutlery. If this is not possible, wash them using your usual washing-up liquid and water and dry them thoroughly. If you are using your own utensils, remember to use a separate tea towel for drying these.
- Everyone in your household should regularly wash their hands with soap and water for 20 seconds, avoid touching their face and clean frequently touched surfaces.
- Do not smoke and limit your alcohol intake to ensure you are in the best shape for your procedure.

## **Why are these steps necessary?**

- This is to reduce the risk to you.
- This is to reduce the risk of you passing on Covid-19 infection to other vulnerable patients in hospital.
- This is to reduce the risk of you passing on Covid-19 infections to hospital staff.

If you are unable to self-isolate for 14 days before your procedure and/or unable to attend for your pre-arranged swab then please inform your clinical team as your endoscopy may be postponed and rearranged

## **Some conditions and factors increase the risk of developing serious COVID-19 infection these include:**

- Older people especially over 65 years of age.
- Patients from a nursing or care home.
- Obesity (BMI >30).
- Diabetes.
- Chronic lung disease or moderate to severe asthma.
- Chronic kidney disease/liver disease or patients undergoing dialysis.
- Serious heart conditions.
- Immunocompromised state, conditions include cancer, smoking, bone marrow/organ transplantation, immune deficiencies, HIV or AIDS, and steroid use.

If you have COVID questions relating to the endoscopy, especially if you have one of these conditions above, please contact the clinical team looking after you. It is important you feel you have all questions and concerns addressed before proceeding.

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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