

Important advice to reduce the risk of Coronavirus prior to having your upper gastrointestinal endoscopy

Endoscopy

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.

In conjunction with your Consultant or Doctor, a decision has been taken to make arrangements for your procedure to go ahead.

Your safety whilst we plan the care and treatment you need is our priority. This leaflet gives you advice on how to protect yourself leading up to your upper gastrointestinal endoscopy.

Please note that if you are having both upper and lower gastrointestinal endoscopy you also need to follow this advice.

If you have any questions or concerns after reading the information, please follow the advice in bold print at the end of this leaflet.

Before the planned procedure

Your procedure is likely to be postponed if:

- You test positive for Coronavirus
- You have symptoms of Coronavirus
- You are not clinically well enough
- You need to self-isolate because someone in your household or support bubble has symptoms of Coronavirus, or you have been advised to by the NHS Track and Trace system.

Please only bring essential items with you to your appointment and **please wear a face covering**.

You should use private transport to attend your appointment where possible. If this is not possible then you must follow the UK government advice on travel, including wearing a face covering and avoiding non-essential travel.

A family member will be able to bring you to the appointment and collect you afterwards. Unfortunately your family member will not be able to wait in the Endoscopy Unit.

Preparation for your endoscopy appointment

You should follow comprehensive social distancing and hand hygiene measures for 14 days before your appointment.

To avoid risks of transmission and stay as safe as possible, you should always maintain social distancing with people you do not live with. You should only have close social contact with others in your household and support bubble.

Regularly wash your hands with soap and water for 20 seconds and ask all members of your household and any essential visitors such as carers or support workers to do the same.

Testing for coronavirus

Arrangements will be made for you to attend the hospital 3 days before your procedure, so that we can take a nose and throat swab to test for coronavirus. No test is 100% sensitive, but if the swab result is negative, it reduces the risk that you may be infected and will allow the endoscopy to take place.

Self-isolation

You will need to self-isolate for the 3 days before your endoscopy, after your testing appointment.

You must not leave your home when you are self-isolating.

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one.

In your home you should:

- minimise the time you spend with others in shared spaces (kitchen, bathroom and sitting areas) and keep shared spaces well ventilated.
- aim to keep 2 metres (3 steps) away from others and sleep in a bedroom by yourself if possible.
- use separate towels and if possible use a separate bathroom from the rest of the household, or clean the bathroom after every use.
- avoid using the kitchen when others are present, eat in a separate room and ensure all kitchenware is cleaned thoroughly.

Further advice

If at any point you think you have developed symptoms of coronavirus, such as a new, continuous cough, a loss of sense of taste or smell and/or high temperature (above 37.5°C) seek clinical advice using the NHS 111 online coronavirus service:

<https://111.nhs.uk/covid-19/>

If you do not have access to the internet telephone 111.

If you require any further information or advice, please contact the Endoscopy Booking Team on 01902 694052 or leave a message on 01902 695189 and someone will get back to you.

Please note this advice is based on national guidance and is subject to change. Further information can be found at:

<https://www.gov.uk/coronavirus>

<https://www.nice.org.uk/guidance/ng179>

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。