

## Gynaecology – Salpingectomy

### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information to help you stay healthy while waiting to attend hospital and should be read in conjunction with the Procedure level guidance appropriate for your condition.

### Take Your Medication

Make sure that your healthcare team knows about all the medication that you take and follow their advice. This includes all blood-thinning medication as well as herbal and complementary remedies, dietary supplements, and medications that you can buy over the counter.

### Keep Moving

Regular exercise should help you to prepare for your operation, help you to recover and improve your long-term health.

Before you start exercising ask your healthcare team or your GP for advice.

The NHS website link below has guides on fitness and exercise tips. [Get fit for free - NHS \(www.nhs.uk\)](https://www.nhs.uk/fit-for-free/)

Additional information can be found on the Wellbeing for Women Website <https://www.wellbeingofwomen.org.uk/your-health>

### Improve Your Health

Try to maintain a healthy weight. You have a higher risk of developing complications if you are overweight.

The NHS website link has guides to help you plan your meals and how to make healthier food choices.

[Lose weight - Better Health - NHS \(www.nhs.uk\)](https://www.nhs.uk/lose-weight/)

If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health. Please speak to your GP for advice on smoking cessation.

The NHS website link gives advice and support on this [NHS stop smoking services help you quit - NHS \(www.nhs.uk\)](https://www.nhs.uk/stop-smoking/)

### Good Mental Health

The NHS website link provides guidance on the important of good mental health and how you can do to improve your mental health. [Mental health - NHS \(www.nhs.uk\)](https://www.nhs.uk/mental-health/)

This may include talking therapies such as cognitive behavioural therapies (CBT) counselling, other therapies, and guided self-help.