

General Surgery – Removal of Gall Bladder

Introduction

General Surgery deal with the diagnosis and management of gall bladder related conditions that require surgical intervention.

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 on how you can support yourself while waiting to attend the hospital.

Guidance for Patients

Whilst you are waiting for your procedure you should try to avoid eating fat. To help you cut the total amount of fat in your diet you can:

- compare food labels when you shop so you can choose foods that are lower in fat
- choose lower-fat or reduced-fat dairy products or dairy alternatives
- grill, bake, poach or steam food rather than frying or roasting
- measure oil with a teaspoon to control the amount you use, or use an oil spray
- trim visible fat and take the skin off meat and poultry before cooking it
- choose leaner cuts of meat that are lower in fat, such as turkey breast and reduced-fat mince
- make your meat stews and curries go further by adding vegetables and beans
- try reduced-fat spreads, such as spreads based on olive or sunflower oils

Whilst you are waiting for your procedure, it is important to maintain a healthy lifestyle. Please see our general health advice on the My Planned Care website.

What should I do if my health is deteriorating?

If you feel you are becoming more unwell, **please call NHS 111 for medical review in the first instance.**

My Planned Care Patient Information Platform

Contact Us

A dedicated e-mail address for My Planned Care enquiries: soh-tr.so-mpcqueries@nhs.net