

Upper Gastrointestinal Surgery – Removal of Gall Bladder

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 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

It is important that while you are waiting for your surgery you remain as medically fit and active as possible.

If you have any long-standing conditions such as high blood pressure or diabetes you should get this reviewed at your doctor's surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker it would be advisable to seek support to help with stopping. Alcohol consumption should be within accepted limits.

You should continue to take your prescribed medications and only stop after consultation with your GP.

It is recommended that you take regular exercise (20 minutes per day until you are short of breath, increasing a bit at a time). Take a brisk walk or consider an exercise bike.

Support is available at **Healthy Cornwall** to help you with:

- Weight management
- Healthy eating
- Stopping smoking
- Physical activity

My Planned Care Patient Information Platform

Contact **Healthy Cornwall** at:

- Telephone - 01209 61500
- Email – healthy.cornwall@cornwall.gov.uk
- Website – www.healthycornwall.org.uk

Good Mental Health

There are many ways you can keep your mental health fit and well, just as you would your physical health.

Support is available at [Mental health - NHS Kernow CCG - NHS Kernow CCG](#)

Other Useful Information

Further links which may help you manage your condition whilst you await treatment:

- <https://www.nhs.uk/conditions/>
- <https://www.nhs.uk/mental-health/self-help/>

What should I do if my health is deteriorating?

If you are concerned that your condition or symptoms are deteriorating since you were referred to us, please contact the Planned Care Patient Support Team on 0800 0357777. You will be asked to detail the changes in your condition/symptoms since seeing your GP at the time you were referred or following listing for surgery, and this will be passed to the clinical team will re-assess your priority.

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, 7 days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

Contact Us

Email: rch-tr.accessteam@nhs.net

Telephone: 01872 255084