My Planned Care Patient Information Platform

Chesterfield Royal Hospital NHS Foundation Trust

Introduction

The information below will signpost you to services which will help and support you to improve your overall health and wellbeing while you await your Capsule Endoscopy.

Take Your Medication

Continue taking all of your prescribed medications unless you have been advised otherwise by a healthcare professional.

Keep Moving

Getting active is one of the best ways that you can improve your overall health and wellbeing. Below are some links to tools and resources to support you to increase your activity levels.

https://www.livelifebetterderbyshire.org.uk/services/getting-active/getting-active.aspx

Improve Your Health

You can use the link to the below tool to check your BMI and find out if you are a healthy weight.

BMI calculator | Check your BMI - NHS | Please fill in your details (www.nhs.uk)

If required, see the below link for support with weight loss;

Losing weight - Live Life Better Derbyshire

If your BMI is below 18.5, this suggests that your weight may be too low. The below link can provide advice on achieving a healthy, balanced diet;

https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/

Smoking leads to a wide range of health problems. If you're interested in taking part of the Derbyshire Live Life Better smoking cessation programme you can call on Freephone 0800 0852299. Alternatively see the link below for further support and advice for stopping smoking;

https://www.livelifebetterderbyshire.org.uk/services/stopping-smoking/stopping-smoking.aspx

If you're drinking too much alcohol then cutting down can have lots of benefits for your health and wellbeing. See the below link for tools and advice to help you understand whether you are drinking more than the recommended limit and advice on how to reduce your intake;

Alcohol awareness - Live Life Better Derbyshire

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The contents of this information has been reviewed and approved by the Quality Delivery Committee of Chesterfield Royal Hospital

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Good Mental Health

Mental wellbeing is an important part of all of our lives and good mental health and wellbeing is linked to good physical health. Below are some links to websites and resources to support with all aspects of mental health;

https://www.nhs.uk/mental-health/

Mental wellbeing - Live Life Better Derbyshire

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