

## Introduction

Cambridge University Hospitals NHS Foundation Trust is here for you, and we will do all we can to get you the care you need as soon as possible. We know that, because of the impact of the Covid pandemic, sometimes patients are waiting longer than we would like and it is not always possible to identify when treatment will take place.

While you are waiting, it is important that you keep healthy and well. This can also help you to recover better after you have had your procedure. This document provides you with links to information to help you stay healthy while waiting to attend hospital.

You can also read about the number of [steps we are taking to keep you safe](#) when you visit our hospitals.

## Take Your Medication

If you have been given medications, it is important you continue to take them as prescribed. This is because you have been prescribed your medication for a specific reason, and missing a dose could make your health worse.

It's important that you understand why you are taking medications and what they are for, so if you have any questions about your medications please contact your GP or your hospital team. There are some common medicine Q&As on the [NHS website](#) which you might also find helpful.

### Top tips:

- Know how to order a repeat prescription – don't leave it too late to order fresh supplies.
- Getting into a routine is one of the best ways to ensure you don't forget your medications. Alarms, reminder notes, using dosette boxes, or asking friends and family to help remind you can be really useful.
- If you have any problems taking your medication, it is better to ask for help sooner rather than later. Contact your GP or hospital team to support you.

## Keep Moving

No matter how much you do, active living is good for your body and mind. Adults should aim to be active every day.

Keeping active is good for your health generally, but if you are due to have an operation, it can also help you to recover more quickly from it.

The [NHS website](#) has lots of free tools and support for getting and keeping active.

## Improve Your Health

Healthy changes start with little changes.

Whether you want to lose weight, do more activity or quit smoking, the [NHS Better Health](#) website has lots of free tools and support.

- [Lose weight](#): If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.
- [Quit smoking](#): Stopping smoking is one of the best things you will ever do for your health. When you stop, you give your lungs the chance to repair and you will be able to breathe easier. There are lots of other benefits too – and they start almost immediately.
- [Drink less](#): Cutting back on alcohol can be a really effective way to improve your health, boost your energy, lose weight and save money. Any reduction in the amount you drink every week will be beneficial – and with the right help, it's easier than you think.

## Good Mental Health

People sometimes feel worried or anxious before a hospital appointment or treatment. This is perfectly normal. Some people might also find that an existing mental health condition gets worse.

You can find helpful links for mental health support on the NHS website:

- Information and support for your [mental health](#)
- Every Mind Matters: [advice and practical tips](#) to help you look after your mental health and wellbeing
- Some people find it helpful to meet other people who have the same health condition as them. There are lots of support groups – if there are several support groups in your local area, you might want to try out a few before deciding which one suits you best. Many national charities also have a helpline, and some have support groups and online forums too.

## Access to support where you live

While Addenbrooke's and the Rosie hospitals are based in Cambridge, our patients come to us from many different counties. Visit [our website](#) for details of local support available to you where you live.