

## **My Planned Care website**

Like all hospitals, we are working hard to ensure patients get the treatment they need as quickly as possible. As a result of the COVID-19 pandemic, we also recognise that some patients are waiting longer for routine operations and procedures than we would like.

If you are on the waiting list for treatment at our hospitals, our teams will be in touch with you about when your procedure or operation will take place. If you have a question about the operation you are scheduled to undergo, please contact the hospital department directly.

In the meantime, there are some steps all patients can take to stay healthy – this is in addition to specific information you may have received about the procedure or operation you are due to undergo.

### **Take Your Medication**

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

### **Keep Moving**

Maintain your fitness – unless your GP or hospital clinician says otherwise, it is recommended that you take regular exercise (20 minutes per day until you are short of breath, increasing a bit at a time). Alternatively, you can take a brisk walk.

### **Improve Your Health**

Improving your general health is important, particularly if you are due to undergo a procedure or operation. Steps everyone can take include:

- Stopping smoking – access support to help you quit
- Weight control and nutrition – achieve a healthy weight
- Blood pressure – needs to be well controlled
- Diabetes - blood sugars need to be well controlled.
- Alcohol consumption – should be within accepted limits.
- Maintaining good mental health.

The NHS website ([www.nhs.uk](http://www.nhs.uk)) provides a complete guide to conditions, symptoms and treatments, including what to do and when to get help.

### **Trust contact information**

- Telephone - 020 3299 9000 (switchboard)
- Website – [www.kch.nhs.uk](http://www.kch.nhs.uk)