

## General health advice

Like all hospitals, we're working hard to make sure patients get the treatment they need, as quickly as possible. We also know that, as a result of the pandemic, 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 hospital, our teams will contact you about when your procedure or operation will take place.

If you have a question about the treatment you are scheduled to have, please contact the hospital department directly.

### Keeping well while you wait

In the time before your treatment, you can take simple steps to improve your physical and mental health. This will reduce your risk of complications and improve your wellbeing now and during your recovery.

It's important to:

- follow any specific advice you've received about how to prepare for your procedure or operation
- stop smoking. Our stop smoking service can support you with this
- keep taking your prescribed medicines, unless you've been told not to by your GP or hospital clinician
- eat well, and get to or keep a healthy weight
- exercise and keep active, unless you have been told not to
- control your blood pressure
- control your blood sugar levels, especially if you have or are at risk of diabetes
- avoid drinking more than the recommended 14 units of alcohol per week
- get support for your mental health if you need it

The NHS has information about exercise, healthy weight, sleep, eating well, alcohol, sexual health and mental health. Read more in the [NHS Live Well advice](#).

You can also get advice and support from a GP, or the hospital team caring for you.

### If your health gets worse

If you haven't had your first appointment with the department at the hospital, please contact a GP.

If you're already receiving care from a clinical team at the hospital, let them know.

Out of hours, you should call NHS 111. In an emergency, call 999 or go to your nearest emergency department.

The [NHS website](#) has a guide to conditions, symptoms and treatments, including what to do and when to get help.

### Contact us

Guy's and St Thomas' NHS Foundation Trust, phone: 020 7188 7188 (switchboard)  
Website: [www.guysandstthomas.nhs.uk](http://www.guysandstthomas.nhs.uk)