

## My Planned Care - Patient Information Platform

### Advice for all patients

In preparation for your procedure, there are some very simple steps you can take which will increase your chances of a better recovery. This leaflet aims to help you to be in the best possible physical and mental health whilst you are waiting for your treatment.

The Royal College of Anaesthetists have developed some information which will help you prepare for your procedure.

[Fitter Better Sooner – general information | The Royal College of Anaesthetists \(rcoa.ac.uk\)](https://www.rcoa.ac.uk)

#### Take your medication

Please continue to take your regular medications. Before your surgery, one of the team will give you with clear instructions if you need to stop or change any medication before your procedure.

#### Keep moving

Being home for a long time means we have not been getting the exercise we used to. Even before the COVID-19 virus hit the UK, not enough of us were getting the exercise we needed to stay as fit and well as possible. Exercise makes you feel happy and healthy, it's free and can be fun.

Keeping as active as possible before surgery is important. It helps your body be prepared for the planned operation.

There are services available locally which can help. One has been designed by primary care and offers, no matter which level you are at, an NHS approved exercises regime you can do at home, in an easy way to improve your fitness.

For more information, please visit the [Howfit website](#).

#### Food and nutrition

Maintaining a healthy weight can help reduce the risk of complications during surgery.

You can download a [free NHS weight loss planning app](#) to help you start healthier eating habits and be more active.

#### Stop smoking

We strongly advise you to stop smoking as soon as possible. Stopping smoking before an operation will help reduce your chances of complications and can speed up your recovery

following your procedure. It will also make your stay at hospital more comfortable as smoking is not permitted on hospital grounds.

You are much more likely to stop smoking with help than if you use willpower alone. Visit [Make Smoking History](#) to get free access to the latest quitting aids, one-to-one advice and [support in your local area](#).

### **Alcohol**

Alcohol can have many effects on the body, importantly it can reduce your body's ability to heal. Make sure you are drinking within the recommended limits, or lower, to improve your body's ability to heal after surgery.

You can download the free [Drink Free Days app](#) or find your [local alcohol support service now](#) via this link.

### **Looking after your mental health**

It is normal to feel anxious about coming into hospital. You can take some simple steps to help improve your mental health as maintaining and improving your overall wellbeing will lead to a faster recovery.

You may find these resources helpful: [How to access mental health services - NHS \(www.nhs.uk\)](#)

### **Waiting well initiative**

We may contact you in the near future whilst you are waiting for your procedure to offer services and interventions that will help improve your health and outcomes after your operation.

However, if you have noticed changes in your physical condition or the way you are thinking or feeling over the past few weeks or months that concern you, please discuss this with your GP.

If you need urgent medical attention but it is not a life-threatening situation, you should call 111.

If you have any general queries about your care or treatment please contact PALS by email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk) or by telephone 0800 032 02 02

Information compiled by the Patient Experience Team  
May 2022  
Review May 2024