



Guidance for Patients

Whilst you are waiting for your procedure, it is important to maintain a healthy lifestyle. To support local Berkshire West residents to stop smoking or lose weight, [Stop Smoking Berkshire | Smokefreelife Berkshire](#) and [Diet and weight loss](#) are available resources provide free stop smoking and weight management support.

Healthy Lifestyle websites are here to help you and offer different levels of support to maintain a healthy weight and to stop smoking including telephone support, virtual and app-based support options.

Stop Smoking Service the stop smoking service provides a range of options to help you quit including support from an advisor, stop smoking medications, e-cigarettes and a digital offer for those who wish to quit by themselves.

If you are not ready to quit just yet but would like more information on how to protect your family, **Smoke free Homes**, advises on how to make your home and car smoke free.

Weight Management Service Can be accessed via GP referral or self referral through forms provided within the link. Links are also provided to NHS wide tools such as [Lose weight - Better Health - NHS \(www.nhs.uk\)](#).

Find out your BMI

Use this tool to [BMI calculator | Check your BMI - NHS | Please fill in your details \(www.nhs.uk\)](#) to find out your BMI. If it's too high, sign up for a programme that will help you lose weight BMI of 30+

You can use your BMI result as a starting point for further discussion with a GP about your weight and general health.

Find out [how your GP can help you lose weight](#) and check out the [Change4Life website](#) for practical tips on staying healthy as a family.

A BMI above the healthy weight range or too much fat around your waist can increase your risk of serious health problems like:

[heart disease](#)

[type 2 diabetes](#)

[stroke](#)

certain types of [cancer](#)

My Planned Care Patient Information Platform

What should I do if my health is deteriorating?

Please monitor yourself for any signs and symptoms of infection. Call for help if you have any of the following whilst waiting for surgery:

- Increasing levels of pain
- Red, hot and tender skin
- Bleeding wound
- Foul smelling oozing wound
- High temperature or feeling hot
- Feeling unwell or anxious

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

GP surgeries are still open

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic and GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

A list of GP practices with relevant contact details are available on the following website: [GP practices | Berkshire West Clinical Commissioning Group \(berkshirewestccg.nhs.uk\)](http://www.berkshirewestccg.nhs.uk)

Contact Us

Call: 0118 322 5111

Email: PALS@royalberkshire.nhs.uk

Website: <https://www.royalberkshire.nhs.uk/about-us/contact-us/>