

Introduction

The Covid-19 pandemic has had a significant impact on the ability of the NHS to provide routine elective services. We recognise that patients are waiting longer than we would like and it's not always possible to identify when treatment will take place. We are working hard to get people seen as quickly as possible.

The information within this document is aimed at helping you arrive for your appointment or treatment in the best possible physical and mental health. Maintaining and improving your overall wellbeing will also lead to faster recovery if you require surgery.

Take Your Medication

Whilst waiting for your hospital treatment continue to follow medical advice and take any medications as prescribed. This is because you have been prescribed the medication for a specific reason so missing a dose could make your health worse. Make a list of any medicines you are taking, including prescriptions, medicines you've bought yourself or any alternative treatments and take this along to any appointments you have. If you need to stop any medication before your procedure, you will be given clear instructions by the hospital at your pre-operative assessment. Your GP or pharmacist will be happy to answer any questions you have about your medication.

Keep Moving

Improved fitness levels reduce complications when having any procedure and allows you to leave hospital and return to your normal quality of life more quickly. We should all take some form of moderate exercise every day. Keeping active could include just doing 10 minutes of walking every day or you can do chair-based exercises. This will make you stronger, reduce breathing issues and build up stamina. No matter how much you do, physical activity is good for your body and mind. For NHS support, please go to <https://www.nhs.uk/better-health/get-active>

Improve Your Health

Alcohol

Alcohol can have many effects on the body including weakening the immune system and importantly it can reduce the liver's ability to produce the building blocks necessary for healing. Make sure you are drinking within the recommended limits, or lower, to improve your body's ability to heal after surgery. Cutting back on alcohol can be an 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. For further support visit the following websites:

<https://www.nhs.uk/live-well/alcohol-advice/alcohol-support>

My Planned Care Patient Information Platform

<https://www.nhs.uk/oneyou/for-your-body/drink-less>

Smoking

Stopping smoking is the single biggest thing you can do to improve your health. You should aim to stop smoking as soon as you can before your operation. This will help to prevent delayed wound healing, wound infection, and chest infections (pneumonia). It will also make hospital visits more comfortable as smoking is not permitted on hospital grounds. If you need help to stop smoking, please speak to your GP or visit the following webpages:

<https://www.nhs.uk/better-health/quit-smoking>

<https://mylivingwell.co.uk/smoking/support-to-quit>

Food and Nutrition

Your body needs to repair itself after surgery – eating a healthy diet before and after your surgery can really help. There are some useful resources: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide>

Good Mental Health

Looking after your mind is as important as looking after your body. It's important that you get support if you are feeling stressed, anxious, depressed or lonely. Sometimes it could be a case of just reaching out to someone you know and having a chat. Many patients face concerns and anxieties before going into hospital, or mentally dealing with an ongoing condition or illness. There are many resources that can help to prepare yourself mentally. <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing>

Contact Us

To contact Calderdale and Huddersfield Foundation NHS Trust please refer to the number on your appointment letter or call the Trust switchboard on: Tel: 01484 342000