

Staying Healthy Guidelines

Introduction

We are reviewing patients who have been waiting a long time to help us prioritise those most urgently in need of care. Please rest assured we are doing our utmost to ensure you and your loved ones receive the treatment you require as soon as possible. If you have used the NHS e-Referral Service to book your appointment, you will have been given an indicative appointment and treatment waiting time.

This document will provide you with information on how you can support yourself whilst waiting to attend the hospital. The guidance and advice has been reviewed and approved by clinicians responsible for your care.

Take Your Medication

When taking medication, you should always;

- Take it at the correct time of day and at the dose instructed by your GP or Pharmacist.
- Check instructions to make sure you're taking it properly (some medicines must be taken before a meal or with water or food).
- Use your own supply and never take medication prescribed for someone else.

It is important to let your GP or pharmacist know if you experience any side effects for your medication, as they may decide to change the dose or prescribe a different medicine for you. Please visit <https://www.nhs.uk/common-health-questions/medicines/> for further advice and guidance.

Keep Moving

Physical activity is good for your body and mind. Adults should aim to be active every day. A daily brisk walk can boost your energy, lift your mood and make everyday activities easier.

To stay fit and healthy, it's recommended you get at least 150 minutes of moderate physical activity a week, or around 20 to 30 minutes a day. Please visit <https://www.nhs.uk/better-health/get-active/> for some useful tips on how to stay fit and healthy.

Improve Your Health

Better Health is an NHS service designed to help you improve your health and wellbeing through positive lifestyle changes. Whether you want to lose weight, get active or quit smoking, Better Health has lots of free tools and support. You visit <https://www.nhs.uk/better-health/> to learn more about this service.

Good Mental Health

There are lots of ways that you can improve your mental health and wellbeing, such as getting a good night's sleep, spending quality time with others and live a healthy lifestyle. To learn more about how to maintain a good mental health, please visit <https://www.nhs.uk/every-mind-matters/>

For any support with your mental health please visit <https://www.nhs.uk/mental-health/self-help/> for useful information and contact numbers. To find the information your local NHS urgent mental health helpline, please visit <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>