



Spire Healthcare

My planned care – pre-surgery patient information

With disruption to NHS services caused by the Covid-19 pandemic, we recognise that some patients are waiting longer for their tests and treatment. We've prepared this information to help improve your health and well-being, which will also help you recover if you do need surgery.

Smoking

Before coming in for your appointment, it is strongly recommended that you stop or cut down on smoking as soon as possible. People who smoke are at an increased risk of complications before, during and after surgery.

Stopping smoking is one of the best things you will ever do for your health. When you stop, you give your lungs the chance to repair and you will be able to breathe easier. There are several other benefits too – and they start almost immediately. It is never too late to quit. More information about quitting smoking can be found on the NHS Better Health website – www.nhs.uk/better-health

You can also speak to your GP or local pharmacist for help to stop smoking.

Alcohol

Cutting back on the amount of alcohol you consume can be a really 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 – and with the

right support, it is easier than you think. More information, simple tips and tools to help you start cutting down can be found on the NHS Better Health website – www.nhs.uk/better-health

Healthy eating

Healthy eating has many benefits including reducing the risks of common conditions including heart disease and type 2 diabetes. Eating a healthy diet is also important to help your body recover after surgery. There are lots of resources and information available online including The Eatwell Guide – NHS (www.nhs.uk) and 8 tips for healthy eating – NHS (www.nhs.uk)

If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help.

More information about weight loss tips and tricks can be found at www.nhs.uk/better-health

Getting active

Prior to surgery it is important to try and increase your activity levels where possible. No matter how much you do, 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. More information, tools and tips to move more every day can be found on the NHS Better Health website – www.nhs.uk/better-health

Medication

Please take a list of the medication you are taking (including patches, creams and herbal remedies) to your hospital appointments and continue to take any medicines you have been prescribed for your condition unless you have specifically been told not to by a member of our medical team.

If you need to stop any medication before a procedure, you will be given clear instructions by the hospital beforehand but if you do any questions please get in touch with your hospital team.

Look after your mental health

There are little things we can all do to help look after our mental health. Having good mental health helps us relax more, achieve more and enjoy our lives more.

Expert advice and practical tips to help you look after your mental health and wellbeing can be found at Every Mind Matters – NHS (www.nhs.uk).

If you are having thoughts of suicide, are harming yourself, or have thought about self-harm, it is important to tell someone.

These thoughts and feelings can be complex, frightening and confusing, but you do not have to struggle alone.



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Search '**Spire Healthcare**'

Call **0800 169 1777**

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If you cannot wait to see a doctor and feel unable to cope or keep yourself safe, contact one of the organisations below to get support right away.

Free 24-hour listening support

Samaritans

Call free on **116 123**

Shout 85258

Offers confidential 24/7 crisis text support for times when you need immediate assistance

Text "SHOUT" to **85258**

Campaign Against Living Miserably (CALM)

CALM is for people who are down or have hit a wall for any reason:

Call **0800 58 58 58** (daily, 5pm to midnight)

Crisis support for young people

Papyrus

If you are under 35 and feel life is not worth living anymore, Papyrus are here to help.

Call **0800 068 41 41**

Text **07786 209 697**

Childline

If you're under 19, you can also speak to Childline.

The number will not appear on your phone bill.

Call **0800 1111**

Hub of Hope

No matter what you're going through, you should not have to do it alone. The Hub of Hope is a national database that brings together local mental health services.

Visit **hubofhope.co.uk**

Looking after you.