



**MAINTAINING  
GOOD HEALTH**  
GUIDANCE FOR PATIENTS



**SULIS  
HOSPITAL**  
BATH

Due to the Covid-19 pandemic, some operations and procedures have been postponed, causing understandable concern for those waiting. We are working hard to support the NHS by providing additional capacity to ensure people can be seen as quickly as possible.

The information provided in this guide is intended to help you arrive for your appointment or treatment in the best possible physical and mental health. Maintaining and improving your overall wellbeing will lead to a quicker recovery if surgery is needed.

We appreciate your patience and reassure you that we are working hard to treat everyone choosing to be seen and treated at Sulis Hospital. You can rest assured that if you have an urgent need, we will prioritise your treatment. We understand that going to the hospital may be a stressful experience for you.

To keep you and others safe, please follow the instructions provided when you are offered an appointment, test, or date for your operation or procedure. For the latest Coronavirus information, please visit our website at:

**<https://www.sulishospital.com/covid-19>**



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## YOUR MEDICATION

While waiting for your hospital treatment continue to take any medication prescribed by your doctor. 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 together with the medications in the original packaging. If you need to stop any medication before your procedure, you will be given clear instructions by the hospital at your pre-operative assessment. If you have queries don't hesitate to contact your hospital team.

If you feel that you have a health issue which is not well controlled, it may be of benefit to have it reviewed by your general practitioner prior to surgery.

## STAY ACTIVE, STAY HEALTHY

You can improve your health through movement. We'll assist you in preparing physically and mentally for surgery. Maintaining a healthy lifestyle can boost your post-operative recovery and small changes can make a difference.

Being fit before surgery makes it safer and reduces complications. Even short bursts of exercise contribute to safer surgery. Every little bit helps. We recommend aiming for 150 minutes of physical activity per week. This keeps your weight in check, uplifts your mood, improves sleep, and keeps your muscles, bones, and joints healthy. Walking, swimming, and cycling are great activities to achieve this. Regular exercise also lowers the risk of heart disease, stroke, type 2 diabetes, and cancer.

## HEALTHY EATING

Healthy eating is all about enjoying your meals while maintaining a balance of different foods. Being mindful of what we eat helps us maintain a healthy body weight, ensuring our bodies receive the necessary nutrients for growth and repair, both before and after surgery. Let's nourish our bodies for a healthier journey ahead.

A balanced diet consists of:

- At least five portions of fruit and vegetables each day.
- Potatoes, bread, rice and pasta.
- Beans, pulses, fish, eggs and meat.
- Dairy and alternatives.
- Oils and spreads.

For more information on healthy eating visit: [www.nhs.uk/live-well/eat-well/](http://www.nhs.uk/live-well/eat-well/)

## SMOKING AND YOUR HEALTH

Let's talk about smoking and your health. Smoking is one of the leading causes of death and illness in the UK. However, quitting smoking can significantly improve your life expectancy and overall health. From the moment you quit, you'll start experiencing the benefits.

Before your surgery, we recommend cutting down on smoking to reduce complications and promote faster healing. Don't worry, we're here to support you throughout this journey.

Check out [www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/) to learn more about the benefits of quitting.

Here's a glimpse of what happens when you quit for good:

- **20 Minutes** – Your pulse returns to normal.
- **72 Hours** – Breathing becomes easier, and your energy increases.
- **1 Year** – Your risk of a heart attack is halved compared to a smoker's.
- **10 Years** – Your risk of death from lung cancer is halved compared to a smoker's.

## ALCOHOL AND YOUR HEALTH

Let's talk about alcohol and its impact on your health. Drinking more than 14 units per week (1 unit equals 1 small glass of wine or ½ a pint of beer) increases your risk of complications, regardless of gender. Excessive alcohol intake can harm your liver.

Your liver is vital for fighting infections and producing proteins needed for wound healing. To ensure your liver functions optimally before your operation, consider reducing your alcohol intake or avoiding it altogether. If you do drink, try to have alcohol-free days.

Taking care of your liver will contribute to a smoother and safer surgical experience.

### DRINK FREE DAYS APP

A free app that provides simple and practical tips to help control your drinking.

Visit: <https://oneyourmerton.org/apps-tools/drink-free-days-app/> for help to:

- Update and track your drink free days
- Get tips to control drinking
- Receive reminders when you need it most
- Celebrate milestones when you reach your targets

[www.nhs.uk/better-health/drink-less/](http://www.nhs.uk/better-health/drink-less/)

## GOOD MENTAL HEALTH

We understand that surgery can be overwhelming for many people. It's normal to experience anxiety and depression before and after the procedure, especially if you're also dealing with shielding or self-isolation. The recovery process may have its ups and downs, affecting both your physical and mental well-being.

Stress can lead to poor sleep and tiredness, which might reduce your physical activity and contribute to a low mood and feelings of depression. If these emotions become severe, it's essential to seek help.

Remember, you are not alone, and we are here to support you throughout your surgical journey. Your well-being is our priority!

There are lots of things we can do to maintain a good mental health including:

- Keeping active
- Eating well
- Getting good sleep
- Keeping in touch with support networks.

To find a local NHS urgent mental health helpline (England) please follow the link:  
[www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline](http://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)

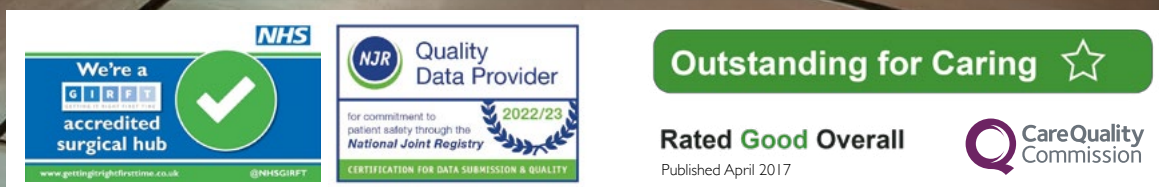
## FURTHER SUPPORT

*We are here to provide you with the support and information you need to stay as healthy as possible, so your surgery goes well, and you recover quickly.*

*Please contact us with anything you are unsure about.*

Email [enquiries@sulishospital.com](mailto:enquiries@sulishospital.com)

or call 01761 422260 (e-referral administration line)



Sulis Hospital Communications

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