

Cut down on alcohol!

If you drink more than 14 units of alcohol a week (one and a half bottles of wine or six pints) you are increasing your risk of complications from surgery.

These include alcohol withdrawal, dehydration, infection, heart problems or bleeding.

Contact your GP practice if you need help to reduce your alcohol intake.



Take care of yourself!

Contact your GP practice if you have high blood pressure, diabetes, breathing problems (asthma, emphysema, etc) or a heart condition (eg atrial fibrillation, angina, pacemaker).

You can discuss if your condition is under control or you need further investigations before surgery.



If you need this document in a different format or language please contact us:

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How can I be fit for surgery?

Having an operation is like putting your body through hard exercise - it can be like running a marathon.

Give yourself the best chance of recovering without serious complications by following the tips in this leaflet:

Get active!

Doing more exercise will help you get fit before your operation.

Even a 15 minute walk each day is far better than nothing at all.

If you find it difficult to exercise try and find some way of introducing small amounts of activity into your life.

Lose weight!

If you are overweight you are at greater risk of breathing or heart problems, infections, bleeding and blood clots.

It is important to lose weight before your operation to reduce these risks.

Ask your GP or practice nurse about help to lose weight.

If you've a Body Mass Index (BMI) of 30+ you can get **free** help for 12 weeks to lose weight. Call 0345 602 7068 quote WWRS095. Eligibility criteria apply.

Stop smoking!

Stopping smoking 28 days before your operation helps your wounds to heal and reduces your risk of heart and breathing problems. Even stopping three days before surgery allows more oxygen to be carried in the bloodstream.

Contact your GP practice or Quit4Life if you would like help.

www.quit4life.co.uk

