

# Staying well prior to your surgery

It is important to us that you remain well prior to your surgery. Please contact the Pre-Operative Assessment (POA) team at the hospital if:

- You visit or are instructed by the POA team to visit your GP within your pre-operative assessment appointment and your admission date for surgery
- You are instructed to change your medication regime by someone other than your Consultant/the POA team
- You are referred for investigations or surgery for another condition, or are awaiting / receive results of an investigation that you have not yet disclosed
- Your health changes or you become unwell e.g. diarrhoea, cold or flu symptoms
- You experience any cuts, sores, scratches, bites, rashes or open areas on your skin
- You experience bruising over the proposed site of your operation
- You no longer wish to proceed with surgery or your symptoms resolve

*It is important that if you are unwell you seek help from your GP in the first instance, and contact the pre-operative assessment team to advise of the outcome of your review.*

## COVID-19

- Please self-isolate along with your household and arrange a test via [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or by calling 119. Please inform POA and refer to the [Gov.uk/coronavirus](https://gov.uk/coronavirus) or [nhs.uk/coronavirus](https://nhs.uk/coronavirus) website for the latest public health guidance.

## Improving your health before your procedure

- Fitter patients and those who are able to improve their activity levels and fitness before surgery, recover more quickly and with fewer complications.
- Your nurse will provide you with information on the steps you can take to improve your health and fitness before your procedure and in the longer term.
- Further information can also be found on the Fitter Better Sooner page of the Royal College of Anaesthetists website.

*Please ensure that you check with your GP before increasing your activity levels.*



*Looking after you.*