

# FIT Surgery

How to **prepare** for surgery and recovery



Enhancing healthcare together



## Welcome to FIT Surgery

When coming into hospital for a surgical procedure, the more informed you and your carers / family members are before admission, the more likely you are to be better prepared. This will also contribute to a better experience; a quicker recovery and a shorter length of hospital stay.

It is important that you have been given time and all the information you require before having surgery.



This is a link to the website:

<http://www.fitsurgery.org>

This website has been developed to help inform you and your carers about what you need to know before, during and after your surgery by providing useful and practical information including:

- What you can expect during each stage.
- What information do you need to bring with you?
- Useful questions to ask the people looking after you.
- Advice on self management and care at home.
- Knowing who to turn to if support is needed.

## For Patient and Carer



Planning for Surgery



Surgery



Post Surgery



Going Home

## Other Preparations



### PREPARE

- Physical Exercise
- Respiratory Health
- Eat Well
- Preparing Psychologically
- Ask about Medication
- Reduce smoking/alcohol
- Enhanced Recovery



### Physical Health Bundle

- Your Diet Before Surgery.
- Getting FIT for Surgery.
- Stopping Smoking Advice.
- Alcohol Advice.



### Mental Health Bundle

- Preparing Psychologically for Surgery.
- Coping Psychologically and Emotionally.
- Psychological and Emotional Adjustment.



### Coming to Hospital

- Getting to and from hospital.
- Visiting Information.
- Transport.