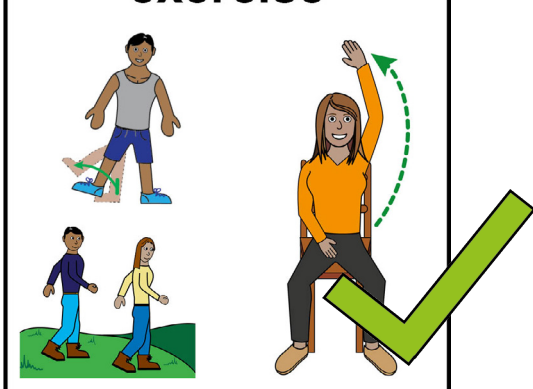


# Getting ready for your operation

## Information for patients

### exercise



If you are fit and healthy before your operation, you will get better quicker.

Any exercise is good.

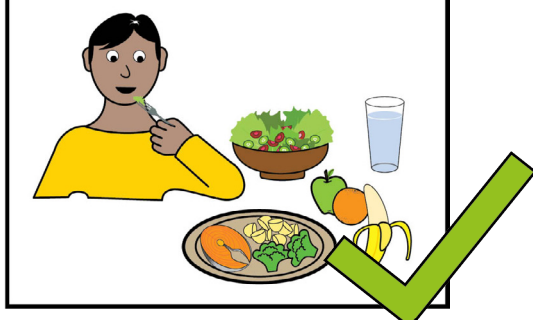
### drugs, smoking and drinking



If you smoke, drink alcohol, or take illegal drugs - STOP.

Or try to cut back before your operation.

### healthy food and drink



Eat healthy foods. For example:

- 5 lots of fruit and vegetables each day
- wholegrain bread, rice and pasta
- beans, peas and lentils
- chicken and fish.

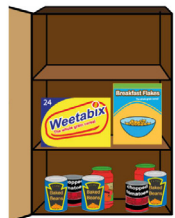
## Speak to your GP



**Before you come to hospital, speak to your GP.**

- If you have any health problems, such as asthma or diabetes.
- If you are worried about surgery.

## Food and medicine at home



**Before you come to hospital, make sure you have:**

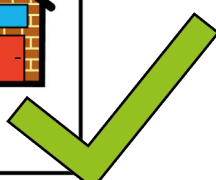
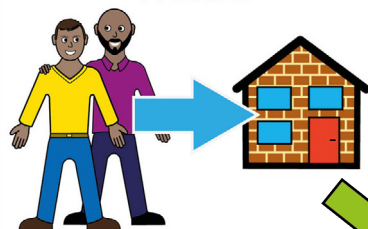
- enough food, and
- your usual medicine at home.

## Shower



**Before you come to hospital, have a bath or shower.**

## Family, friend or carer take you home



**Before you come to hospital, arrange for someone to take you home after your operation. Tell staff if this is not possible.**

Ask the person to stay with you for the first night.



**Do bring to hospital**

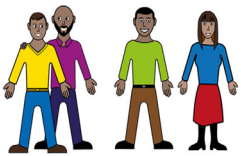
**healthcare passport**



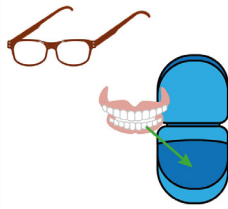
**appointment letter**



**family, friend or carer**



**glasses, dentures and storage box**



**your medicine**



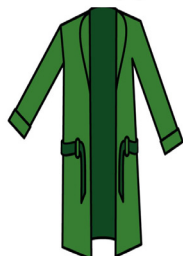
**something to do**



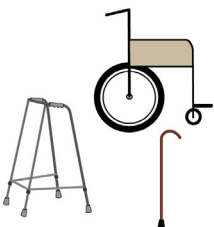
**hearing aid and spare battery**



**dressing gown and slippers**



**walking aids**

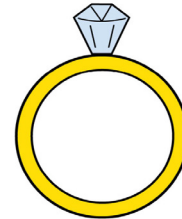


**toothbrush, toothpaste and soap**



**Do not wear or bring to hospital**

**jewellery**



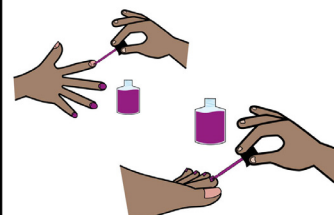
**cream**



**lots of money**



**nail varnish or make-up**





## Our Patient Advice and Liaison Service (PALS) can help you.

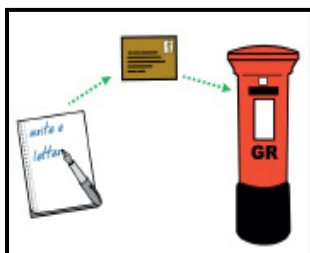
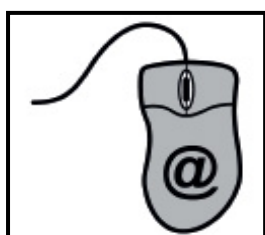
You can ask a question or tell them if you are unhappy about something.

- **Phone:** 01227 78 31 45

The team can phone you back.

- **Email:** [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

- **Post:** Patient Advice and Liaison Service (PALS), Trust Offices  
Kent and Canterbury Hospital  
Ethlebert Road, Canterbury  
CT1 3NG



**Created together with people with a communication need,  
the experts by experience**



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