

Helping you to get fit for your operation:

This applies to you if you smoke, are overweight, or drink alcohol.

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- A hand holds a clipboard with a checklist. The checklist has three items, each with an unchecked checkbox. A hand holding a blue pen is positioned at the bottom right of the clipboard. The clipboard is held by a hand wearing a white sleeve with a green cuff. The background is a light blue gradient.
- Do you smoke?
 - Are you overweight?
 - Drink too much alcohol?

If you are overweight, smoke or drink too much alcohol your doctor will give you help before an operation.

This will not affect your waiting time for your operation.

What to do before your operation

If you smoke



stopping smoking before surgery will lower the risk of heart and lung problems.

stopping smoking before surgery will make it less likely that you will become ill after surgery

stopping smoking before surgery will help reduce problems with wounds getting better after surgery

If you are overweight



losing weight before surgery will help reduce the risk of surgical infection

losing weight before surgery will reduce your length of time in hospital

What to do before your operation (cont.)

If you drink more than 2-3 units of alcohol per day (1 large glasses of wine, or 1 pint of beer)



cutting down on drinking alcohol will help lower your blood pressure.

cutting down on drinking alcohol supports weight loss

cutting down on drinking lowers the risk of developing liver problems

Women



2-3
units a day

That's no more than a standard 175ml glass of wine (ABV 13%)

Men



3-4
units a day

That's no more than a pint of strong lager, beer or cider (ABV 5.2%)

Visit the Cheshire East OneYou website

- ▶ www.oneyoucheshireeast.org
where you can view what services they have on offer, contact the service, and / or download a mobile phone app.

Here are some of the programmes available to you:

Programmes available:

Taste for Life Cookery course (6 week programme)

Re-Shape Weight management (12 week programme)

How to access the OneYou services:

- ▶ **Speak to your GP**
- ▶ **Enter your details into a Lifestyle Support Form at www.oneyoucheshireeast.org**
- ▶ **Telephone OneYou Cheshire East on 0808 1643 202**

(Please note that an eligibility criteria will apply)

If you would like this document in a different format or language this can be provided to you upon request at:

ECCCG.GeneralEnquiries@nhs.net

Alternatively you can contact www.nhs24.com/contactus/otherlanguages/language where they have contact numbers for interpreters' who speak a variety of different languages.