

Having surgery is a big moment in your life and it's normal to feel anxious about it.

If you're waiting longer than expected, it's even more important to use this time to get as healthy as you can.

Take action to make sure that you are fit and ready for your procedure. This is essential to avoid complications during surgery and prepare for a successful recovery.

Scan the QR code to read The Royal College of Anaesthetists resource: "Fitter Better Sooner", which can help you prepare for your surgery both physically and mentally.

Healthy eating and drinking

Keep moving to maintain your health

Take care of your mental health

Stop smoking

