

## Welcome to NHS Greater Glasgow and Clyde AS*PiRe* (Achieving Success Preparing for Surgery)

We understand that having surgery can be a daunting prospect. There are a number of ways you can improve your physical and mental wellbeing before surgery.

Information about how to improve your health is freely available on the NHS Greater Glasgow and Clyde website and NHS Inform.

Here are some useful websites and resources that will help you prepare for your surgery.

### **GGC Preoperative Assessment website**

Our preoperative assessment website is a great resource to help answer any common questions you have leading up to your surgery and about your recovery after surgery.



🌐 <http://www.nhsggc.scot/hospitals-services/services-a-to-z/pre-operative-assessment/>

### **Stop Smoking**

Stopping smoking before surgery is a great way to improve your health as you prepare for your recovery.



Smoking cessation advice is available on NHS Inform.

- 🌐 <https://www.nhsinform.scot/healthy-living/stopping-smoking>
- Type “NHS GGC stop smoking” into your search engine

### **Get Active**

Exercising more often not only encourages weight loss and improves physical health, it also helps our mental health!

Exercise advice can be found on the NHS website



- 🌐 <https://www.nhs.uk/live-well/exercise/>
- Type “NHS exercise” into your internet search engine

The NHS website also has a range of free to view online exercise videos

- 🌐 <https://www.nhs.uk/conditions/nhs-fitness-studio/>
- Type “NHS exercise classes” into your internet search engine

## Improve your diet

Healthy eating is a great way for you to manage your weight which has lots of benefits for people who are undergoing surgery.

Through NHS Inform you can access a number of useful resources including guidance on healthy eating and a weight management plan.

- Type “NHS eat well guide” into your internet search engine  
🌐 <https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet>
- Type “NHS weight management plan” into your internet search engine  
🌐 <https://www.nhsinform.scot/healthy-living/12-week-weight-management-programme>



## Drink less alcohol

We advise you to cut down on your alcohol intake before your surgery.

If you are worried about your alcohol intake and want advice or help on how to cut down, this information is available on the NHS inform website

- Type “NHS inform alcohol” into your internet search engine  
🌐 <https://www.nhsinform.scot/healthy-living/alcohol>



## Not sure how to scan a QR code?

1. On your Android phone, iPhone or tablet, open the built-in camera app.
2. Point the camera at the QR code.
3. Tap the banner that appears on your phone or tablet.
4. Give it a try!

