



Dear Patient,

You have been booked to have surgery at Prince of Wales Hospital. While you are on the waitlist, we encourage you to stay as healthy as possible. This may reduce your risk of complications from surgery and help you to recover faster.

It is recommended that you:

- **See your GP** to make sure you are up to date with appropriate screening and management of health conditions that may affect your fitness for surgery.
- Keep up to date with **specialist appointments**
- Try to **maintain a healthy lifestyle:**
 - Exercise regularly, if it is safe for you to do so
 - Eat healthily
 - Reduce alcohol intake
 - Avoid cigarette smoking



If you'd like assistance, contact the Get Healthy Service (phone 1300 806 258) for tailored support from your own health coach over the phone.

Please take this letter to your GP and they can help you get on track for surgery. We look forward to caring for you at Prince of Wales Hospital and will be in contact closer to the time of your surgery.

Yours Sincerely,

POWH Perioperative Unit Team

