





Fitter Better Sooner Having surgery? It all starts with you.

Our Fitter Better Sooner toolkit will help patients prepare for surgery and show all the important steps they can take to improve their health and speed up recovery.

rcoa.ac.uk/

Toolkit contains

General information on how to prepare for surgery.

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Specific leaflets on preparing for the most common



Animation on how to get ready for surgery.

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Advice from the Royal College of Anaesthetists Endorsed by:





Royal College