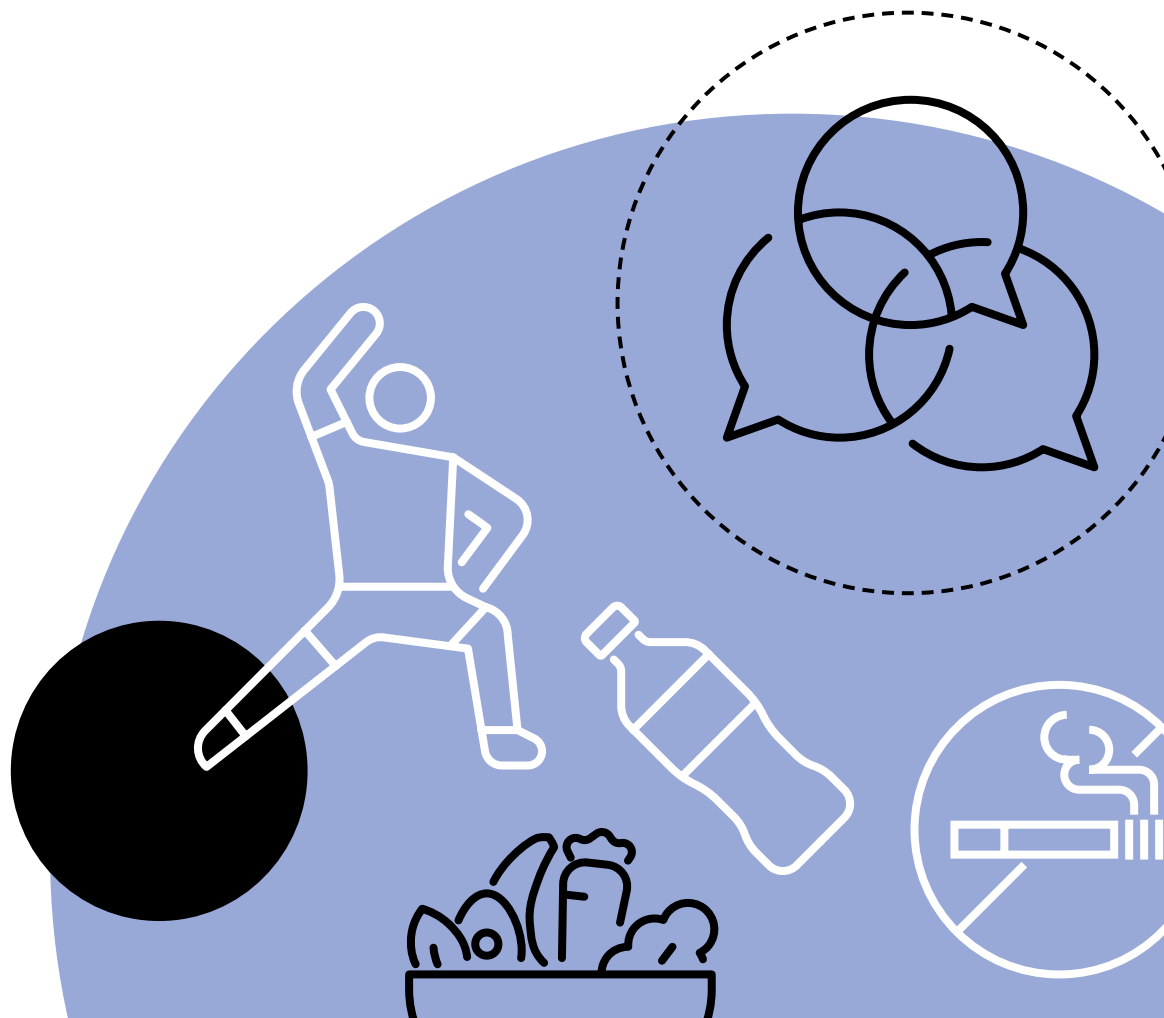


# Preparing for treatment

The thought of starting treatment can be daunting, but there are things you can do to help you get ready. Preparing your body can improve your tolerance to treatment and help you recover faster. This leaflet contains 10 simple tips that can help improve your health in the run up to starting your treatment.



# 10 tips to help you prepare for treatment



## Keep active

150 mins

of moderate intensity physical activity per week (e.g., brisk walking, cycling, swimming)



2 days/week

do activities that build strength (e.g., gym, yoga, tai chi).

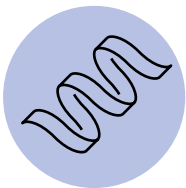
Find out more by visiting <https://www.nhs.uk/live-well/exercise/> or scan the QR code.



## Eat regularly throughout the day

Aim for smaller portions, more often. Try having a small meal or snack every

3-4 hours



## Include protein in your diet

Protein is the body's main building block and is needed to maintain and build muscle and help with wound healing.

Include a portion of meat, fish, eggs, dairy products, plant-based alternative, pulses or nuts with

every meal



## Choose a wide range of foods

Diets that cut out whole food groups can deny your body of nutrients and limit your choice. Aim to eat foods of all different colours to help you get more vitamins and minerals in your diet.

Find out more about the different food groups by visiting: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/> or by scanning the QR code.



## Drink plenty of fluid

Aim to drink

6-8 cups

or glasses of fluid a day.

Fluids include water, squash, fruit juices, soft drinks, or hot drinks.

# 10 tips to help you prepare for treatment



## Limit alcohol intake

Aim for no more than

# 14 units/week

Make sure you also take some alcohol-free days. 14 units is equal to 6 medium glasses of wine or standard strength pints of lager.



## Reduce or try to quit smoking

The sooner you stop smoking before your treatment the better.

Find out what support is available by visiting <https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/> or scanning the QR code.



## Manage your energy levels

You may feel more tired than usual. Make sure you are getting the best sleep possible and pace your activities out during the week.

Find out more by visiting <https://www.rcot.co.uk/conserving-energy> or by scanning the QR code.



## Make time for things you enjoy

Things that give you a sense of success and enjoyment can help you to feel more like yourself in times of stress or uncertainty. Try to keep up with your hobbies whether that's an exercise class, reading, crafts, or meeting up with friends.



## Ask questions

Your health care team are there to support you. Let them know if you have any worries about your health or treatment and always ask for more information if something doesn't make sense to you.

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Produced by the Prehabilitation specialist subgroup of the BDA.  
This version: February 2024  
Review date: