

Getting Ready for your cancer surgery



This booklet is for information purposes only. It should not replace the advice you have received from your doctor or healthcare team. Please contact your doctor or healthcare team for advice, information and support in relation to your condition or treatment.

How to prepare for surgery

Preparing your body for surgery can help you be in the best shape for the operation.

This includes:

- ✓ eating healthy foods
- ✓ doing exercises
- ✓ doing relaxing activities
- ✓ quitting smoking
- ✓ cutting back on alcohol

Doing these things can help you have fewer problems during surgery and may help you recover faster afterward.

Your healthcare team can help you make a plan that's right for you. This booklet has some tips to get you started.



Healthy eating for mob



Eating healthy keeps your body strong.

Healthy foods help your body heal, fight sickness, and strengthens your breathing muscles. It also helps you get better faster after surgery.

Doctors might ask you about your weight changes, recent illnesses, and what you've been eating. They might tell you to eat certain foods or refer you to a nutrition expert.

There are no foods that can prevent or cure cancer, but it's best to eat a **variety of foods** rich in protein, healthy fats, whole grains, vitamins, and minerals.



Fruit & veggies

Aim for 2 serves of fruit and 5 serves of veggies every day.



Lean proteins

Eat chicken, fish, eggs and beans more often than red meat.



Healthy fats

Eat avocados, olive oil, nuts and seeds.



Whole grains

Go for whole wheat, bran and oats.



Less junk

Cut down on junk foods, sugary drinks and alcohol.

Exercise and getting fit

Getting fit for surgery will help you recover faster.

If you're not fit before surgery, it can increase the chances of heart or lung problems afterward. It can also take you longer to get better.

Even small improvements in fitness can help. Regular exercise can make you feel less tired, less anxious, and happier. It can also help you spend less time in the hospital after surgery.

General exercise tips



Start slowly

So you don't hurt yourself or get discouraged.



Choose a safe place

Talk with your doctor about the best place to exercise. This might be outside or at home instead of the gym.



Listen to your body

Exercise only as much as you feel you can.



Drink plenty of water and eat healthy food

This keeps you hydrated and helps your body recover.



Get creative

Find ways to move your body everyday, like taking the stairs, gardening or walking instead of driving.



Before starting a new exercise program, **talk to your doctor**. They can help you find the right exercise plan for you.

Feeling good about things

It's important to be mentally prepared for surgery.

Improving things like your mood, self-confidence and wellbeing can affect how you recover from surgery. Feeling positive may affect how you feel pain, how you cope, how long you stay in hospital and how well you recover.

Tips for feeling good

-  **Stay informed**
Learning more about your condition and surgery may help you worry less and feel in-control.
-  **Get support**
Talk to your family, your mob, your healthcare team, a counsellor, or join community support groups.
-  **Take time to relax**
Make time for activities like being on Country, deep breathing, massage or anything else that makes you feel good.
-  **Find comfort in faith**
Spirituality or religion may provide peace during tough times.



Your healthcare team may also recommend practicing stress management, relaxation techniques, breathing exercises and meditation.

Giving up smoking

Stop smoking to lower risks during and after surgery.

Even quitting for a short time can help. People who smoke have more breathing problems after surgery. The longer you quit smoking, the lower your risks become.

It's important to quit as soon as possible before surgery.

Quitting smoking also lowers the chance of getting cancer again. So it's best to quit as soon as you can.

General tips for quitting smoking



Set a quit date

The day before your quit day, throw out all your tobacco products, lighters and ashtrays so you can't be tempted.



Understand triggers

Knowing what makes you want to smoke can help put you in control.



Get support

Speak with a Quitline counsellor (call **13 7848**), join the iCanQuit community (icanquit.com.au) or get advice from your healthcare team. Your healthcare team may also recommend nicotine replacement therapy.



Use quit smoking tools

A range of plans, kits and mobile apps are available from the iCanQuit website: (icanquit.com.au)



Drinking less alcohol

Drinking a lot of alcohol can cause problems after surgery.

Men who drink more than 3 drinks a day and women who drink more than 2 drinks a day have a higher risk. **It is important to reduce the amount of alcohol you drink as early as possible before your surgery.** This may help to improve your health and reduce the risk of problems during and after surgery.

General tips for cutting down alcohol

- Low-alcohol or no-alcohol swaps
Try alcohol-free beer or wine, mocktails or soda instead.
- Alcohol-free days
Plan these into your diary and try to stick to them.
- Change your routine
Meet up with mob for a walk and a yarn instead of going to a bar.
- Get support
Find a 'no drinking buddy' or join an online community. Tell family, friends and mob about your goal so they can support you.



If you drink a lot of alcohol regularly, it can be hard to stop suddenly. It is important to speak to your doctor for help and a plan to reduce drinking safely.

Want more information?

Here are some useful resources to get started:

Eating well

www.cancer.org.au/cancer-information/causes-and-prevention/diet-and-exercise/food-and-nutrition



Exercise

www.cancercouncil.com.au/cancer-information/living-well/exercise-cancer/

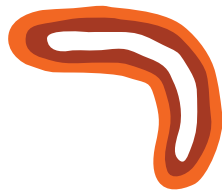


Mental wellbeing

- Cancer Council Support Services 13 11 20
- www.beyondblue.org.au



Want more
information?



Notes

Quitting smoking

- Quitline 13 7848 (13 QUIT)

- www.icanquit.com.au

- www.quitcoach.org.au

- www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app?language=en



Reducing alcohol

- www.cancer.org.au/cancer-information/causes-and-prevention/diet-and-exercise/limit-alcohol

- www.health.gov.au/topics/alcohol/alcohol-contacts





BMS Australia acknowledges the Traditional Custodians of the land on which we operate, live and gather as employees, and recognise their continuing connection to land, water and community. We pay our respects to Elders past, present and emerging.

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References

1. Nakagawa M et al. Chest 2001;120:705-10.
2. Gagne S & McIsaac DI. J Thorac Dis 2018;10(Suppl 32):S3761-772.