

What will happen BEFORE surgery (“Prehab”)?

- Your surgeon may ask you to meet with the IMPACT-Surgery Team (Interprofessional Multidisciplinary Prehabilitation Assessment Consultation Team) to help you get ready for your surgery.
- Speak with your family doctor/primary care provider. Let them know that you are having surgery so they can go over your medical history.
- You will have an appointment at the Pre-Admission Clinic before your surgery to go over your medications and hear what will happen on the day of surgery.

What to expect AFTER surgery?

- Bring a pair of good walking or running shoes to the hospital. You will be out of bed for short walks soon after your surgery.
- You may meet a team of professionals (including nurses, therapists, and dietitians) who will work with you to get better.
- Your team will help you plan and get ready to leave the hospital.

Please contact the GI site Nursing Team if you have any questions or would like to speak with other members of the health care team.

Phone: 416-480-6100 x81061

Website: sunnybrook.ca/hpb

Top 5 Checklist for Prehab:

1. Exercise, exercise, exercise. Aim for 30-40 min of physical activity each day. Check with your doctor before you start any new exercise program. An Occupational Therapist can meet with you to talk about an exercise prescription.

Exercise Goals:

Frequency (how often): every day

Intensity (how hard): moderate exercise. You can still have a conversation with someone while you exercise.

Time (how long): 30-40 minutes. This can be broken up into 10-15 minute periods over the day.

Type (type of exercise): any physical activity that will safely raise your heart rate and breathing (such as brisk walking, stationary cycling)

2. See your family doctor/primary care provider for a health review. You may also be seen by the IMPACT-Surgery Team so they can help you get ready for surgery.

3. Eat healthy. A dietitian can meet with you to talk about ways to improve your diet.

4. Healthy Mind = Healthy Body. Try to get at least 7-8 hours of sleep every night. A social worker can meet with you to talk about how you are feeling and let you know about community supports.

5. If you smoke cigarettes or drink alcohol, STOP as soon as you can. A Smoking Cessation Counsellor can meet with you to talk about how to quit, including using nicotine replacement therapy.

Prehabilitation

What you can do to improve your health before surgery



 **Sunnybrook**
HEALTH SCIENCES CENTRE

Prehab can help you get ready for your surgery

The goal of Prehabilitation (or Prehab) is to help you become healthier and stronger before surgery and make recovery easier.

Why is Prehab important?

Prehab can help you:

- Get stronger and healthier before your surgery
- Lower the risk of problems during and after your surgery
- Recover faster
- Leave hospital sooner
- Become actively involved in your care



Looking at these four areas of Prehab can help you get ready for your surgery.



Functional

- Exercise: More physical activity can help make you stronger, improve balance and make you more fit for surgery.
- Medical: improving your health before surgery can decrease your chance of problems during and after surgery.

Nutrition

- Eat well before your surgery. This may help you feel better and heal faster. Make sure you have a balanced diet with vegetables, fruits, and foods high in protein.
- If you have lost weight or feel less hungry, nutritional drinks like Boost, Ensure or Glucerna, may help.

Lifestyle Choices

- Quit smoking before surgery. This will help you breathe easier and heal better after surgery.
- Try to stop drinking any alcohol before surgery.
- Sleep is important to give you more energy and feel less tired before your surgery.

Stress Management

- Use relaxation tools such as deep breathing and meditation. These can help you control the stress and worries you may have about your surgery.
- Speak with family and friends before your surgery to make sure you have support and help as you heal.

