



Patient information resources



Patient information series

A leaflet series to help you prepare for your anaesthetic.



Fitter Better Sooner toolkit

The information you need to help guide you to become fitter and better prepared for your operation.



Risk leaflet series

A leaflet series detailing specific risks associated with your anaesthetic.



Children, parents and carers

Different leaflets to read depending on your age.



Easy Read and accessible resources

Information for a variety of audiences and individuals with additional needs.



Medical conditions

Developed to provide information on a number of medical conditions and topics relating to anaesthesia.



Anxiety

A series of recordings to help you relax before surgery and develop a positive mindset about your procedure and recovery.



Translations

Our resources are available in 24 languages, including Welsh. Further information is available online.