

Fitter Better Sooner

Having surgery? It all starts with you.

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



www.rcoa.ac.uk/fitterbettersooner

Toolkit contains:

- general information on how to prepare for surgery
- specific leaflets on preparing for the most common operations
- animation on how to get ready for surgery.

Endorsed by



Royal College of General Practitioners



Royal College of Surgeons
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