



Royal Berkshire
NHS Foundation Trust

Prehab: Quit smoking and reduce alcohol intake

Information for patients
preparing for an operation
or procedure

Benefits of quitting smoking

- Reduce the risk of any medical complications including infections during or after the treatment
- Improve wound healing after the treatment
- May reduce the need for medications
- Better blood circulation to your heart and muscles, making physical activity easier
- Improves your senses of taste and smell plus you can breathe more easily
- You will have more energy

Tips on quitting smoking

Trying to quit smoking just by yourself, without any support can be tough. Hence, it is always good to get some additional support. Below are certain support options that you may benefit from.

Local Stop Smoking Service

Get support from local stop smoking service. Sessions are:

- At different times and days to suit your schedule
- Online, face-to-face or on the phone
- In a one-to-one or group setting

To get more information, you can access the link below.

www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/find-your-local-stop-smoking-service/

If you live in Berkshire, you could make a self-referral to

Smokefreelife Berkshire which is a free service to help you quit smoking. www.smokefreelifeberkshire.com

Other expert support

In addition to local Stop Smoking Services, there are other ways to get expert help when you quit smoking:

- **Pharmacies:** Many pharmacies offer stop-smoking schemes with tailored advice and nicotine replacement therapies (NRTs) to help you quit.
- **Your GP:** A GP can prescribe nicotine-free medicines. When you combine this medicine with NRTs, you are over 5 times more likely to quit smoking for good!
- **National Smokefree Helpline:** You can also reach out to the National Smokefree Helpline to talk to a trained adviser for advice and support. Call 0300 123 1044 (England only). Lines are open: Monday to Friday, 9am-8pm, Saturday and Sunday, 11am-4pm

Prehab tip:

Visit this website for more information and support - <https://www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/explore-your-support-options/>
<https://www.royalberkshire.nhs.uk/leaflets/smoking-cessation-support-to-stop-smoking>

Benefits of reducing alcohol intake

- Reduce the rate of complications or infections during or after the treatment
- Reduce the chances of longer hospital stay after your treatment
- Reducing alcohol will help your liver function better, hence it will be able to better digest the medications given to you during and after the treatment, making your recovery easier
- Improve the body's immune function

How much is too much?

Regularly drinking more than 14 units of alcohol a week risks damaging your health and increasing risk of surgery complications.

How to calculate the alcohol units?

You can simply identify your preferred drinks from the picture below to calculate how many units of alcohol you are having currently or you can use this link – <https://alcoholchange.org.uk/alcohol-facts/interactive-tools/unit-calculator>

COULD YOUR DRINKING BE PUTTING YOUR HEALTH AT RISK? **NHS**

 PINT OF LAGER 4% ABV 2.3 UNITS	 PINT OF BITTER 5% ABV 2.8 UNITS	 PINT OF STRONG BEER/LAGER/CIDER 5.2% ABV 3 UNITS	 500ml CAN OF LAGER 3.8% ABV 1.9 UNITS	 750ml BOTTLE OF WINE 13.5% ABV 10 UNITS	 175ml GLASS OF RED OR WHITE WINE 13% ABV 2.3 UNITS
 250ml GLASS OF RED OR WHITE WINE 13% ABV 3.3 UNITS	 50ml GLASS OF FORTIFIED WINE (E.G. SHERRY) 20% ABV 1 UNIT	 25ml SINGLE SPIRIT AND MIXER 40% ABV 1 UNIT	 50ml DOUBLE SPIRIT AND MIXER 40% ABV 2 UNITS	 275ml BOTTLE OF ALCOPOP 5% ABV 1.4 UNITS	 50ml DOUBLE IRISH CREAM LIQUEUR 20% ABV 1 UNIT

Tips on cutting down alcohol intake



3 DAYS

Spread your drinking over 3 days or more if you drink as many as 14 units a week.

TRY LOWER STRENGTH DRINKS

Choose drinks that are lower in alcohol. Try lighter beers – under 4% Alcohol By Volume.

Set and stick to your drink free days

Short-term you could save money, lose weight and sleep better...

< Last Month

Progress

August



★ = Drink free days

GO FOR SMALLER SIZE

Try bottled beer instead of pints, or a small glass of wine instead of a large one.

LET THEM KNOW

Let your friends and family know you're cutting down

Useful resources

Drink Free Days app:

The Drink Free Days app is a free tool designed to help individuals monitor and reduce their alcohol consumption. It allows users to track alcohol-free days, set personal goals, and receive reminders and motivational tips. www.myhealthlondon.nhs.uk/better-healthier/drink-less/download-the-drink-free-days-app/

Alcohol Support NHS:

This NHS webpage offers comprehensive guidance for those concerned about their alcohol use. It also includes resources for finding local support services, such as community alcohol services and self-help groups, and offers contact details for national helplines like Drinkline and Alcoholics Anonymous. www.nhs.uk/live-well/alcohol-advice/alcohol-support/

Drinkaware:

This website provides evidence-based information, advice, and practical resources to raise awareness of alcohol's effects and promote healthier drinking habits. <https://www.drinkaware.co.uk/>

This service offers confidential, online support to help individuals reduce their alcohol consumption. Through free tools like a two-minute alcohol test and a goal-setting app, along with professional coaching sessions, DrinkCoach provides personalized guidance to support healthier drinking habits. <https://drinkcoach.org.uk/>

Change Grow Live:

They are located in Reading, offering one-to-one support as well as peer-led activities and groups with a range of options to support you, including detox services, health assessments, needle exchange. <https://www.changegrowlive.org/service/reading-drug-alcohol>

Contact information

Royal Berkshire NHS Foundation Trust Prehab Team

Tel: 07796 632731 or Email: Prehab@royalberkshire.nhs.uk

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Prehab Team, October 2025
Next review due: October 2027