



Lancashire Teaching
Hospitals
NHS Foundation Trust

Are you “Set for Surgery”?

Welcome to the Lancashire Teaching Hospitals

#setforsurgery programme.

This programme is about how we can support you while you are waiting for your surgical procedure, to ensure your body is in its best condition.

There is evidence that supports improving your fitness may enable you to leave hospital sooner and return to your normal life much quicker.

We have created a program which offers guidance on how you can be “Set for Surgery”.

Visit our website for additional information

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Or access the “Set for Surgery” patient information leaflet by scanning the QR code:



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