



How long will I have to wait for my operation?

This varies from one hospital to another and sometimes depends on whether pre-operative tests are required. A letter will usually be sent to you giving you the details and the date that you need to come into hospital or you may be contacted via telephone.

What will happen before my operation?

You may be invited to attend a pre-surgical assessment clinic prior to your surgery depending on your hospital's local policy. In that clinic you will have the pre-operative investigations routinely performed before your surgery. It may be necessary to repeat your CT scan if the previous one is over six weeks old. You will be able to ask questions about your admission to hospital, the operation and what to expect after the surgery.

I'm concerned about the risk of infection – how can I help reduce my risk?

Before coming into hospital you will be told how to prepare your skin, to make sure that it is thoroughly clean. This will reduce the risk of you developing an infection. Every hospital has its own policies and procedures for reducing the risk of infection. If you have further concerns or questions, please ask your healthcare team.

I am a smoker, is it worthwhile trying to quit before I get my surgery?

Healthcare professionals appreciate how difficult stopping smoking can be for some people, especially with the stress of being diagnosed with lung cancer, but the health benefits are clear. If you stop smoking before the operation, you will improve your circulation and reduce the amount of poisonous chemicals in your body. Research evidence shows that having cleaner lungs may also help speed up your recovery and reduce some of the risks of surgery, particularly chest infection. If you are able to stop smoking following surgery it will reduce the risk of the cancer returning and increase your chance of survival.

Ask your GP, cancer doctor or lung cancer nurse specialist for advice on giving up smoking. Contact details of stop smoking support and helplines can be found at the back of the *Living with lung cancer* booklet. Visit www.roycastle.org/ayqpack or call our free helpline on **0333 323 7200 (option 2)**.



Should I change my diet before my operation?

Before your operation, it is important to eat a balanced diet as this will help your body recover from surgery. If you are underweight and/or losing weight, it can be more difficult and can take longer to feel better. Try to make sure that you are eating regularly, including snacks and nutritious drinks, such as milkshakes or fruit smoothies, to keep your weight stable. If you are struggling with breathlessness try to eat little and often and take smaller mouthfuls of food. Soft or moist foods are often easier to eat, if your mouth gets dry. If you are having problems eating, ask your doctor or nurse for a referral to a dietitian.

What will I need to take to hospital?

You will need to check with your own hospital but as a general rule pack a bag containing the following:

- At least two sets of nightwear with loose fitting tops.
- Dressing gown and well fitting slippers.
- Toiletries – soap, flannel, toothbrush, toothpaste, tissues, comb, shaving items.
- A pen for completing your menu card.
- A small amount of loose change.
- Any medication that you are presently taking.

TOP TIP

It is not advisable to take expensive items or large amounts of money. Your property is your responsibility unless you decide to hand it to the hospital for safe keeping.

GIVING HELP AND HOPE

The charity has two aims:

Supporting people living with lung cancer - Working closely with lung cancer nurses, we provide information, run lung cancer support groups and offer telephone and online support. Our patient grants offer some financial help to people affected by lung cancer.

Saving lives - We fund lung cancer research, campaign for better treatment and care for people who have lung cancer, and raise awareness of the importance of early diagnosis. Our lung cancer prevention work helps people to quit smoking and encourages young people not to start smoking.

Call us on 0333 323 7200 (option 2)

This information has been taken from the following sources:
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