

Preparing
you for your
surgery



Prehabilitation Guide



Kidney Cancer UK

25 years as the UK's leading kidney cancer charity

CONTENTS

What is Prehabilitation	3
Our Guide	4
Healthy Diet & Weight	6
Increasing your Physical Activity	7
Your Mental Wellbeing	8
Our Kidney Cancer & You booklets	12





WHAT IS PREHABILITATION?

Prehabilitation is about taking small steps to help you feel as physically and mentally prepared as possible before your surgery. Research shows that being well prepared can have a positive effect on your recovery and overall well-being.

There are various ways to look after your mind and body and it is important to find what works best for you. This might include gentle exercise, relaxation, healthy eating, or engaging in activities you enjoy.

Before beginning any new exercise routine, it's always a good idea to speak to your doctor, particularly if you have any pre-existing health conditions.

3

For more information and support, please visit www.kcuk.org.uk

OUR GUIDE



This guide has been designed to offer practical advice to support you in taking positive, proactive steps in your cancer plan.

Being as mentally and physically prepared as possible before surgery can significantly support your recovery. Prehabilitation has been shown to reduce complications, enhance overall health and speed up recovery - helping you return to the activities you enjoy sooner.

Our dedicated healthcare professionals are here to support you every step of the way. If you have any questions, worries or simply need reassurance about your upcoming surgery, please don't hesitate to reach out - we're here to help you feel as informed and comfortable as possible.

The three areas of health covered in prehabilitation are:


- **Weight and Diet**
- **Physical Activity**
- **Mental Well-being**


In addition, reducing or stopping smoking and alcohol consumption can greatly improve your recovery from surgery and boost your overall health. This is particularly beneficial if you need further treatment afterwards, as being in the best possible health before starting treatment is proven to help cope better with any side effects, and may even reduce how often or how severely you experience them.

Some hospitals offer their own prehabilitation programmes while also providing support and guidance, if you're considering stopping smoking and/or drinking before your treatment begins. This guide is not intended to replace any advice provided as part of those services.



For more information and support, please visit www.kcuk.org.uk



Compassionate
and kind... 

HEALTHY DIET & WEIGHT

Before your treatment, it is essential that you're eating a well-rounded healthy diet, as your body needs to be able to recover and repair itself following your surgery. A high-protein diet, combined with plenty of fruit and vegetables each day is vital for your body to work at maximum capacity.

If you are clinically obese (with a Body Mass Index [BMI] of 30 or above) your risk of complications during and after surgery may be higher. These risks can include:

- **Chest and wound infections**
- **Pressure injuries (such as bedsores)**
- **Slower recovery from anaesthesia**
- **A longer hospital stay**

Losing weight can have a positive impact on your health by:

- **Reducing strain on your heart and lungs**
- **Reducing high blood pressure**
- **Lowering the risk of blood clots**
- **Improving overall mobility**





INCREASING YOUR PHYSICAL ACTIVITY

Being physically active before your surgery can significantly aid your body's recovery. Regular exercise can strengthen your heart and lungs, making it easier for your body to cope with recovery.

Swimming is an excellent low-impact option, particularly if you experience joint pain or are carrying extra weight. However, all forms of movement are beneficial - whether it is brisk walking, cycling, gardening, or even playing with your children or grandchildren.

The important thing is to aim for an activity that gets you slightly out of breath, around three times a week. Some of these activities are available to view on our website amongst our patient support library.

Improving your strength and balance through regular movement can also support a smoother and quicker recovery after surgery. Light stretching or yoga can be an effective way to incorporate movement into your daily routine.

Before beginning any new exercise programme, it is advisable to consult your GP - especially if you have any injuries, health conditions or concerns. If you experience chest pain or dizziness while exercising, stop and seek medical attention immediately.



For more information and support, please visit www.kcuk.org.uk

YOUR MENTAL WELLBEING

Being diagnosed with kidney cancer and preparing for surgery or treatment can bring up a range of emotions. It's completely normal to feel worried, stressed, or overwhelmed.

Everyone responds differently, and the support you need may vary from day to day. You may experience:

- **Feelings of fear, anger, or sadness**
- **Low mood or anxiety**
- **A sense of uncertainty about the future**

Talking things through..

Some people find comfort in speaking with friends or family.

Others may benefit from professional support, and that's okay too. Speaking to your GP or health team may give you peace of mind before your surgery.

Remember you don't have to go through this alone.

Our Free Counselling Service and Support Line is here for you. Call **0800 002 9002** to speak with our Healthcare Professional team or visit our website for our patient support video library.



For more information and support, please visit www.kcuk.org.uk



SUPPORTING YOUR MENTAL WELLBEING

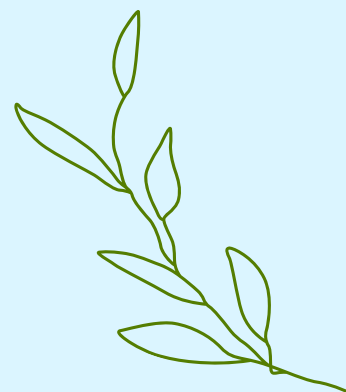
Taking care of your mental wellbeing is just as important as looking after your physical health, especially during or after a kidney cancer diagnosis.

Here are a few gentle ways to support your emotional wellbeing...

Finding time to relax can make a big difference to how you feel. There is no right or wrong way to relax; it's all about what works best for you.

You might find comfort and calm in:

- **Spending time with friends or family**
- **Listening to music or singing**
- **Going for a walk**
- **Being around animals or pets**
- **Doing something creative or enjoyable**



For more information and support, please visit www.kcuk.org.uk



SUPPORTING YOUR MENTAL WELLBEING

You may have heard the term mindfulness; it simply means being present in the moment. It helps you tune into your thoughts, feelings, and surroundings, which can ease anxiety and improve your mental wellbeing.

You can practise mindfulness by:

- Noticing the sounds, smells, and sights around you
- Focusing on your breathing
- Taking a moment to really feel what's happening right now without judgement

Mindfulness can help you feel more grounded, more in control, and more connected with your body which is a huge benefit before undergoing your surgery.

10

For more information and support, please visit www.kcuk.org.uk



Free Support Line

0800 002 9002

Here to support you 

OUR 'KIDNEY CANCER & YOU' BOOKLETS


Kidney Cancer
& You 

Surgery & Recovery

A supportive and informative guide for kidney cancer patients, carers, and families across the UK.





This booklet is created and published by **Kidney Cancer UK** 

Kidney Cancer
& You 

Diagnosis

A supportive and informative guide for kidney cancer patients, carers, and families across the UK.



This booklet is created and published by **Kidney Cancer UK** 

Kidney Cancer
& You 

Metastatic treatments

A supportive and informative guide for kidney cancer patients, carers, and families across the UK.



This booklet is created and published by **Kidney Cancer UK** 

Kidney Cancer
& You 

Lifestyle & Diet

A supportive and informative guide for kidney cancer patients, carers, and families across the UK.



This booklet is created and published by **Kidney Cancer UK** 

Kidney Cancer
& You 

For Carers & Families

A supportive and informative guide for kidney cancer patients, carers, and families across the UK.



This booklet is created and published by **Kidney Cancer UK** 




AVAILABLE TO ORDER FOR FREE
OR DOWNLOAD FROM OUR WEBSITE
WWW.KCUK.ORG.UK/SHOP

12

For more information and support, please visit www.kcuk.org.uk



For more information,
please visit our website
www.kcuk.org.uk

or call our free Support Line
 **0800 002 9002**

 **hello@kcuk.org.uk**

Follow us on socials

