



# Colorectal prehabilitation

– prepare for your colorectal surgery or treatment

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Version 1

## > About this leaflet

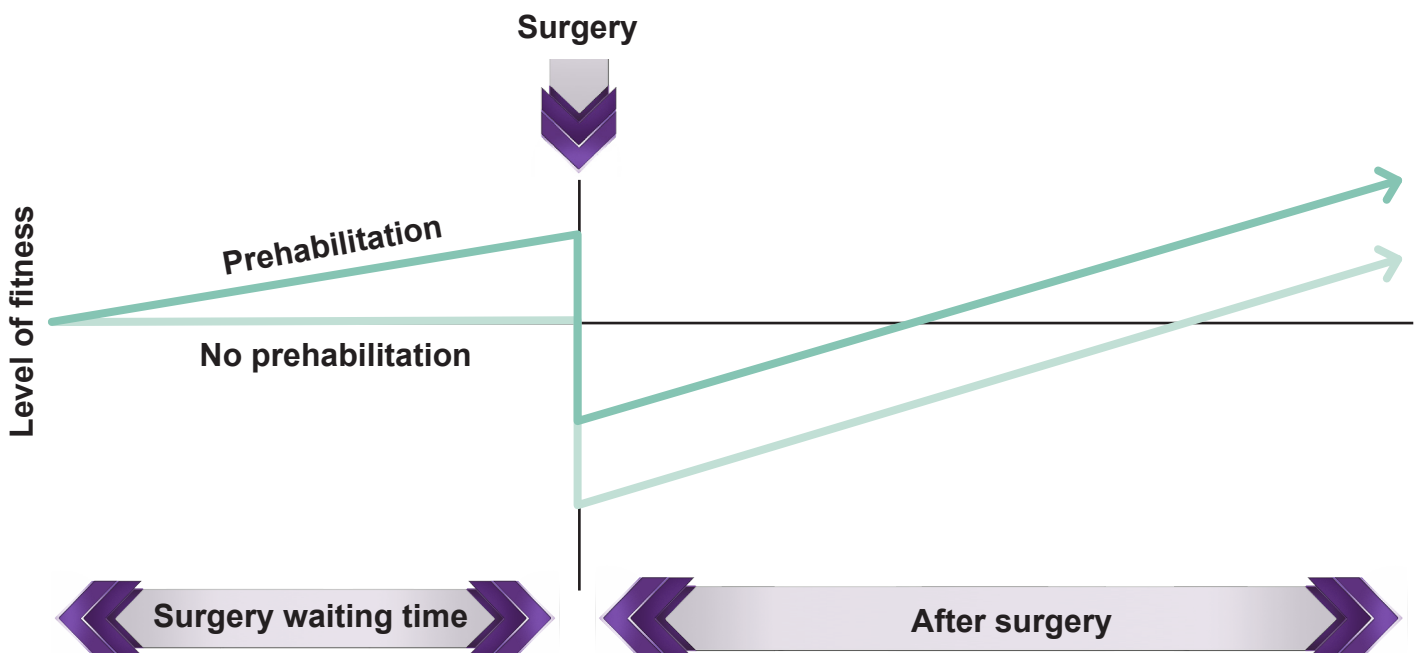
The purpose of this leaflet is to provide patients with information about safe activity and how to improve your health and level of fitness before treatment or surgery.

## > What is prehabilitation and why is it important?

Prehabilitation means your journey to recovery starts before your treatment/surgery has even begun through physical, nutritional and psychological support.

Prehabilitation is designed to maximise an individual's overall general health and level of fitness to enable them to withstand the effects of treatment or surgery, and introduces steps you can take to help you prepare for your upcoming procedure. The actions you take now can help you recover quicker, reduce the risk of complications and the time you spend in hospital. Many people are happy to learn they can do something to improve their health in preparation for surgery.

You may only have a short time between potential diagnosis and your treatment/surgery, however, small changes can make a big difference. The benefits of prehabilitation can be seen in as little as 7-10 days.

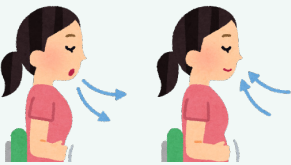


## ➤ Benefits of prehabilitation

- Reduce length of stay in hospital
- Reduce complications after surgery
- Improve physical function
- Improve overall fitness
- Improve emotional wellbeing
- Improve nutritional health
- Provide a sense of control and purpose
- Enhance quality of life
- Promote long-term positive health behaviour

Prehabilitation is not a standalone treatment. It is made of many key components to help you 'Get READY' for surgery:

## Get **READY**



**R**espiratory exercises



**E**at well



**A**ctivity



**D**ental and oral hygiene



**Y**our lifestyle and wellbeing

## ➤ Respiratory exercises

Below are the step by step instructions for the deep breathing exercise. Aim to carry out this deep breathing exercise 3 times a day, ideally morning, noon and in the evening.

Positioning is important: before you start make sure you are sat upright, not in a slumped position. Take a couple of practice breaths with your hands on your stomach - you should feel your hands being pushed out as you breathe in and move in as you breathe out.

# Deep breathing exercise



These are the step-by-step instructions for your deep breathing exercise. If you can, carry out this exercise in a high sitting position.



### ◀ Step 1

Take a deep breath in through your nose, hold for 3 seconds and breath out slowly through your mouth.

Repeat 3 times.

### Step 2 ▶

Huff – sharply breathe out through your mouth. This is the same action as using your breath to steam up a mirror.

Repeat 3 times.



### ◀ Step 3

Cough.

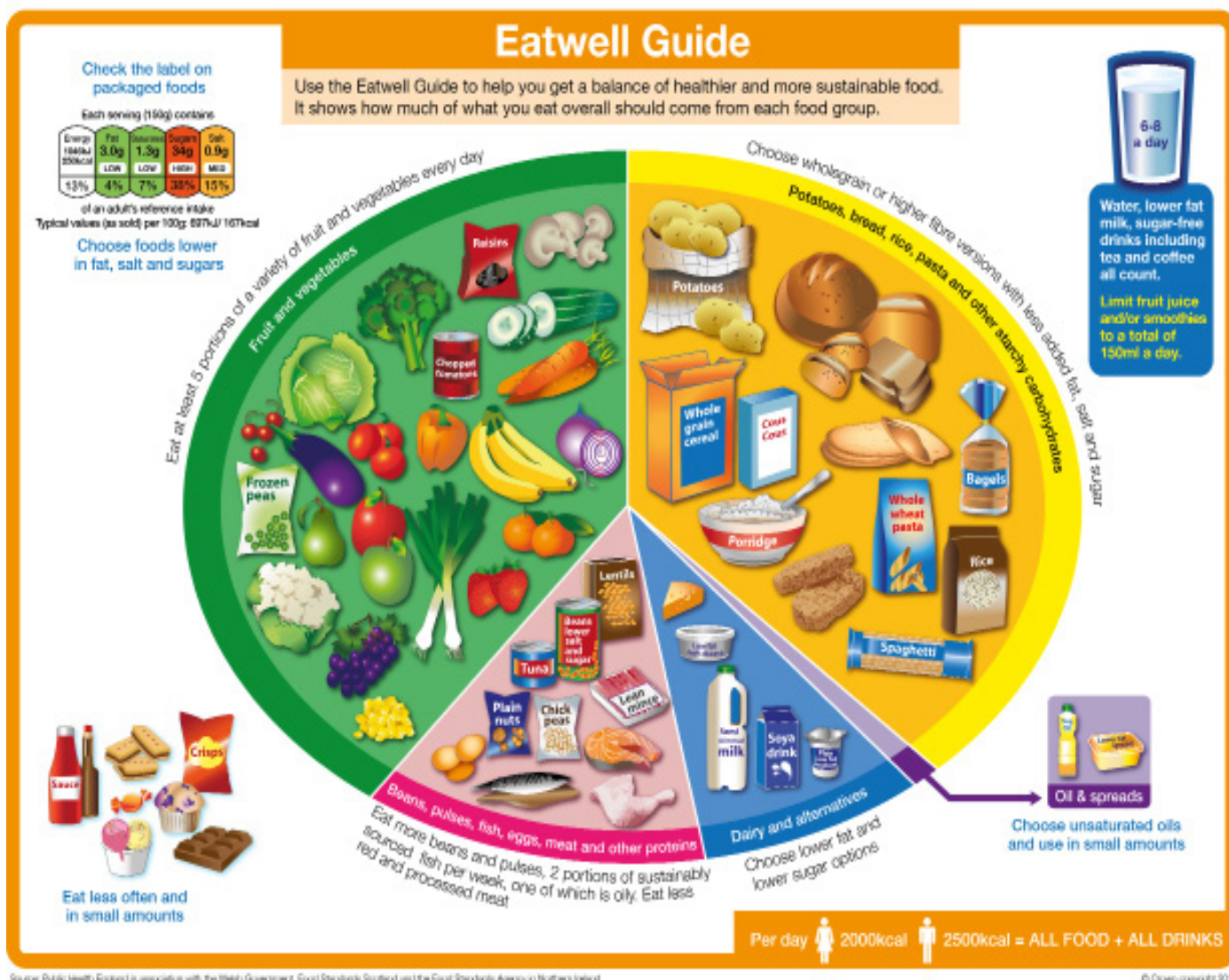
After your surgery your Physiotherapist will show you how to support the wound in your chest with a towel.



Scan the QR code to view our breathing exercises video



Eating a balanced diet is an important part of maintaining good health to help prepare for your surgery. The Eatwell Guide shows you how much of what you eat should come from each food group.



**Fruit and vegetables:** Aim to eat at least 5 portions of a variety of fruit and veg each day.

**Bread, rice, pasta or other starchy carbohydrates:** Starchy food should make up just over a third of the food we eat. Choose higher fibre wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.

**Milk and dairy products:** Good sources of protein and some vitamins. They are an important source of calcium too. Try to choose low fat varieties to limit your intake of saturated fat.

**Meat, fish, eggs and beans:** These foods are good sources of protein, vitamins and minerals. Pulses, such as beans, peas and lentils are good alternatives to meat because they are lower in fat and higher in fibre and protein too. Choose lean cuts of meat and mince and eat less red and processed meat like bacon, ham and sausages. Aim for at least 2 portions of fish every week, 1 of which should be oily, such as salmon or mackerel.

**Choose unsaturated oils and spreads, and eat in small amounts:** Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils. Remember all types of fat are high in energy and should be eaten sparingly.

Information source: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

For people who are underweight, have recently lost weight unintentionally or have a poor appetite, it is important to maintain a stable weight and prevent further weight loss prior to your surgery.

The following ideas may help you to increase your energy and protein intake.

- Eat little and often. Aim to have 3 meals and 3 snacks per day
- Avoid 'low fat', 'sugar-free', or 'diet' products
- Choose the meals you enjoy
- Have a nourishing dessert/pudding – full fat yogurt, rice pudding or sponge and custard
- Have a pint of full fat milk everyday – for example on cereal, milky drinks or in puddings
- Add butter or margarine, cream or cheese to mashed potatoes, vegetables, scrambled eggs and hot pasta
- Have drinks (tea/coffee/juice) with or after meals as these can fill you up if taken just before food.

## Activity

There is strong evidence that it is safe to stay active in the time leading up to surgery. You should try and do 30 minutes of activity every day. If you cannot manage this in one go, try breaking the activity into smaller manageable periods, for example, 10-15 minutes activity in the morning and then 10-15 minutes in the afternoon. Physical activity doesn't have to mean a lot of hard work or expense, it could just be going out for a walk, gardening or using your stairs at home. Examples of activities include:

- Walking
- Running/Jogging
- Climbing stairs (instead of taking the lift)
- Avoiding sitting down for long periods of time
- Completing day to day activities whilst standing
- Housework
- Playing with children or grandchildren
- Gardening
- Dancing
- Socialising
- Cycling/exercise bike
- Swimming
- Yoga
- Pilates
- Zumba

You may notice changes to your breathing when exercising. This tells you if you are exercising to an appropriate level. As a general rule you should aim to be a little breathless, but still be able to hold a conversation with someone. If you are too puffed out to be able to do this you must stop, catch your breath and then carry on. You should aim to be working to level 4-6 on the Rate of Perceived Exertion (RPE) scale.

# Rated Perceived Exertion (RPE) Scale

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**0 At rest (no exertion at all)**

**0.5 Very easy (very, very light)**

**1 Easy (very light)**

**2 Not difficult (fairly light)**

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**3**

**4 A little hard**

**5**

**6 Hard**

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**7**

**8 Very hard**

**9**

**10 Extremely hard**

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## I already exercise and am quite fit. What should I do?

If you already exercise regularly and your consultant is happy for you to do so, then please continue with your routine. Keeping up your fitness will help you cope with your treatment better and exercise may also help you to cope with the worry and anxiety upcoming surgery can bring. Please discuss with a healthcare professional involved in your care if you have any concerns regarding activities or exercises.

We have included a general exercise programme you can complete at home. Before you start your exercise please make sure:

- You are wearing appropriate clothing and footwear
- You have a large, clear space to perform the exercises
- You have an appropriate aid or help if you need support with your exercises

Normal feelings whilst exercising:

- Warm and slightly red in the face
- A little sweaty
- Increased breathing rate and heart rate – but you should still be able to talk

Reduce the exercise intensity if you are feeling:

- Uncomfortably hot or sweaty
- Unable to talk or hold a conversation
- Excessively tired or out of breath

**Stop** and contact your GP if you feel:

- Dizziness or nausea
- Chest pain
- Significant pain or discomfort
- Extreme breathlessness and are struggling to regain your breath

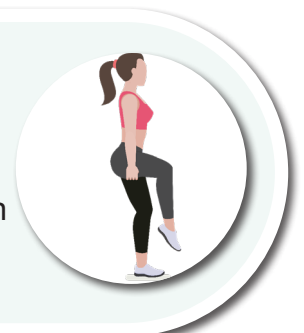
**Warm up:**

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### **March on the spot:**

Standing freely, march on the spot lifting your knees as high as feels comfortable. You can use a chair or counter-top to hold on to for balance if required. This can also be done seated if you are unable to complete in standing.

**Complete for 1 minute.**



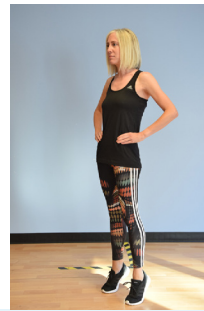
## Main exercises:

### Sit to stand:



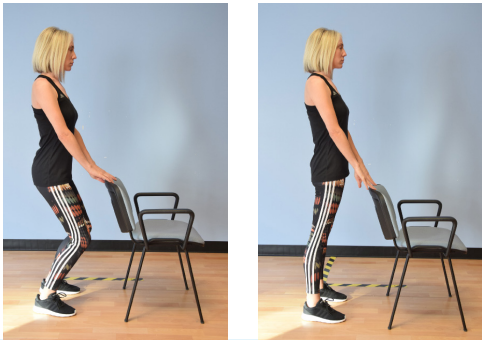
Sitting in a chair and keeping your feet hip width apart, push on the arms of the chair to stand up. Slowly and controlled, sit back down. Repeat 10 times.

### Heel raises:



Standing freely or holding on to a wall/ chair for support, rise up to your toes. Hold here for 3 seconds and slowly release your heels back down to the floor. Repeat 10 times.

### Mini squats:



Standing freely or using a chair/wall for support, slowly bend your knees to a comfortable angle and release back to standing. Repeat 10 times.

### Hip abductions:



Standing freely or using a chair/wall for support, lift your leg out to the side, keeping your knee straight. Repeat 10 times with each leg.

### Hip extensions:



Standing freely or using a chair/wall for support, lift your leg out behind you, keeping your knee straight. Repeat 10 times with each leg.

### Shoulder raises:



Take a deep breath in and on exhale slowly raise one or both arms straight up in line with your ears. Slowly drop them back down by your side. Repeat 10 times.





## Core exercises:

These exercises should be started before surgery to help strengthen your tummy muscles.

### 1. Tummy Tightening Breathing

Provided you are feeling well enough and you have no complications you should be able to start this exercise while still in hospital.

#### What to do

- Lie on your back with your head supported by a pillow and bend your knees as far as you feel is comfortable. You can start off doing this on a flat bed.
- Take a deep breath in and slowly exhale through your mouth.
- As you exhale, gently tighten up the deep muscles in your lower abdomen (tummy).
- You should feel a gentle “tightening”.
- It is important at this stage not to lift your bottom or press your back into the bed.
- Hold this “brace” feeling for 3-5 seconds and then release.
- Breathe and relax between each repetition.
- Repeat 3-5 times.

#### Progression

- As you progress, you can do the exercise on the floor without a pillow and begin to aim for a “stronger” tightening sensation.
- Begin to hold the brace for a longer count of 10-15 seconds and breathe deeply 2-3 during each tightening.
- Repeat 5 times.
- Try placing your hands on your lower tummy and you will feel the muscles tightening.

#### How often

- Aim for 2-3 times per day



### 2. Pelvic Tilt

However, start gently and ensure that you are pain free. If you are sore – STOP!

#### What to do

- Lie on your back with your head supported by a pillow and your knees bent up as far as feels comfortable.
- Very gently rock your pelvis upwards and flatten your back down into the bed or floor.
- You should feel your abdominal and bottom muscles tightening a little.
- Rock back to your “neutral” or starting position and repeat.
- Start with 5 repetitions and just very slight, gentle movements (the movements are so small, they may not be apparent to someone looking on).

#### Progression

- As you progress, allow your back to arch up a little more and tighten your abdominal muscles more strongly as you push your back into the floor.
- Build up towards 20 repetitions.

#### How often

- Aim for 2-3 times per day.



### 3. Hip Lift/Bridge

Provided your recovery is going well, introduce this exercise around 7-10 days post-op. Initially it should be a gentle, small movement and only going as high as you feel comfortable.

#### What to do

- Lie on your back with your head supported by a pillow and your knees bent up as far as feels comfortable.
- Very gently tilt your pelvis backward and tighten up your pelvic floor muscles (the muscles you use to hold on when you need the toilet).
- Lift your bottom off the bed/floor and slowly lift up vertebrae (back bone) by vertebrae until your bottom is off the bed/floor.
- Lift your bottom as high as you can comfortably hold, if you feel pain – STOP!
- Hold this position for a moment then slowly lower your spine and pelvis back down.
- Imagine you're lifting a string of pearls off the floor and back down again.
- Repeat 3-5 times.

#### Progression

- Build up gradually to 10-15 repetitions and lifting higher as you feel more comfortable.

#### How often

- Aim for 2-3 times per day.



### 4. Knee Rolls

Introduce this exercise 7-10 days after surgery as long as you are feeling well enough and there are no complications. Always work within a pain free range and keep the movements small and gradually increase them.

#### What to do

- Lie on your back with your head supported by a pillow and bend your knees up as far as feels comfortable.
- Arms by your side.
- Keep your knees and ankles together and gently let your knees begin to drop over to one side.
- Only move your knees as far as feels comfortable.
- Then carefully tighten your tummy muscles and roll your knees over to the other side.
- Try to keep your shoulders down and your head relaxed, looking upwards.
- Aim for 5 rolls each side.

#### Progression

- As you progress, increase the range so your knees drop lower.
- Build up towards 20 repetitions.

#### How often

- Aim for 2-3 times per day.



## Cool down:

It is very important to complete a cool down after exercise to help restore your body to a 'resting state'. After completing your exercise programme, you should perform any of the following for around 3-5 minutes, gradually slowing your pace.

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### Marching on the spot



In addition, complete a cycle of the deep breathing exercise on page 3.

## ➤ Dental and oral hygiene

Good dental and oral hygiene reduces the risk of lung complications after surgery and improves your overall general health. You should aim to:

- Brush your teeth for 2 minutes, at least twice a day
- Use a fluoride mouthwash
- Use dental floss

For more information on recommendations for dental and oral hygiene including teeth cleaning guide, please refer to the NHS Inform website: [www.nhsinform.scot](http://www.nhsinform.scot)

## ➤ Your lifestyle and wellbeing

As well as eating well, it is also important to consider your lifestyle in relation to smoking and alcohol.

### Stopping smoking

Giving up smoking is one of the most important steps in getting healthy before your operation. If you continue to smoke right up to the time of your operation, this will increase your risk of complications and affect your progress.







To get help stopping smoking:

- Speak to your local pharmacist
- Call Smokeline on 0800 84 84 84



## Alcohol

You should also limit the amount of alcohol you drink. Do not exceed national recommendations, which are currently 14 units per week for both men and women.

					
<b>2.2 units</b>	<b>1.5 units</b>	<b>2.2 units</b>	<b>3.1 units</b>	<b>9.8 units</b>	<b>1 unit</b>
1 pint of beer/lager/ cider (4% ABV)	330ml bottle of beer/lager/ cider (4.5% ABV)	175ml glass of wine (12.5% ABV)	250ml glass of wine (12.5% ABV)	750ml bottle of wine (13% ABV)	25ml measure of spirits (40% ABV)

**For more information on healthy lifestyle choices, visit: [www.nhsinform.scot](http://www.nhsinform.scot)**

### Prehabilitation at NHS Golden Jubilee

You may see a Physiotherapist who will help improve your physical function and overall strength. This may be a face to face or by telephone/video consultation. They will have a discussion with you to see how much exercise you currently manage and if there are ways in which you could improve this. They will tailor any advice to suit your individual ability.

### What does the programme involve?

The Physiotherapist will complete an initial assessment where you will be asked some questions and complete some exercise tests to establish your current level of fitness. They will create a home exercise programme based on your initial assessment, which will be made up of cardiovascular, strengthening and lung training exercises as appropriate.

We hope you find Prehabilitation gives you the guidance you can use to positively impact the time leading up to your surgery and help you take control of your health and wellbeing.

### **Further information**

Your healthcare team are here to support you. Any question that is important to you is important to us. Please contact the prehabilitation physiotherapist on **0141 951 5121** if you need help or advice to discuss any of the information in this booklet.



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 : **0141 951 5513**