



# Fitter Better Sooner

**Having surgery?**  
It all starts with you.



Our Fitter Better Sooner toolkit will help patients prepare for surgery and show all the important steps they can take to improve their health and speed up recovery.

[rcoa.ac.uk/  
fitterbettersooner](https://rcoa.ac.uk/fitterbettersooner)



## Toolkit contains



General information on how to prepare for surgery.



Specific leaflets on preparing for the most common operations.



Animation on how to get ready for surgery.