WALK INTO
Surgery Strong

FREE • THE ABCDES PRE-OP SYSTEM

Surgery Readiness Checklist

A 10-point audit of your physical baseline, clinical questions and pre-op nutrition window

Tick each box when it is done, and write in your numbers. Fill it in on screen and save, or print it. **Bring it to your next pre-op visit.**

PHYSICAL BASELINE *Know where you are starting from*

☐ **1 Count your weeks**
Write your surgery date and how many weeks you have. Every week is training time.

SURGERY DATE _____ WEEKS TO GO _____

☐ **2 Test your legs**
Count how many times you can stand up from a chair in 30 seconds, arms crossed. Retest every week.

CHAIR STANDS IN 30 SEC _____ WALK MINUTES TODAY _____

☐ **3 Check your breathing**
Ask whether you should use an incentive spirometer. If you have one, practise daily and record your best.

BEST BREATH (ML) _____

☐ **4 Set your smoke-free date**
If you smoke or vape, pick a quit date now. Four weeks or more before surgery is the usual goal, but quitting later still helps.

SMOKE-FREE SINCE _____

CLINICAL QUESTIONS *Ask these at your next visit*

☐ **5 Know your numbers**
Ask whether your A1c (average blood sugar), blood count and iron, and kidney function have been checked.

A1C _____ HEMOGLOBIN _____ CHECKED ON _____

☐ **6 Know your blood pressure**
Take a home or pharmacy reading this week and bring it to your visit.

BLOOD PRESSURE _____

☐ **7 Get a written medicine plan**
Ask your surgical team which medicines, vitamins and supplements to stop or continue, and from which date. Never change a medicine on your own.

PLAN RECEIVED FROM _____

☐ **8 Ask the three team questions**
1) Do I need any heart or medical checks? 2) Do you follow an enhanced recovery (ERAS) pathway? 3) Who do I call with questions?

CONTACT NAME / PHONE _____

PRE-OP NUTRITION WINDOW *Feed the healing ahead of time*

☐ **9 Protein at every meal**
Eggs, fish, chicken, beans, lentils, yogurt or tofu at breakfast, lunch and dinner. Protein helps wounds heal and keeps muscle.

MEALS WITH PROTEIN TODAY (OF 3) _____

☐ **10 Watch your weight and your fasting rules**
Tell your team about any weight loss you did not plan. Ask for your exact fasting instructions and whether a carbohydrate drink is part of your plan.

WEIGHT TODAY _____ FASTING STARTS _____

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Your readiness score

Count your ticks on page 1 and write the total here. This is a starting point, not a grade: every box you tick before surgery is a step your body and your team can use.

MY SCORE (OUT OF 10)

8 TO 10

On track

Keep going. Recheck your numbers every week and take this page to every visit.

5 TO 7

Building

Pick the two unticked points that matter most for your operation and finish them this week.

0 TO 4

Start today

You have time. Start with points 1, 5 and 7, and ask your team the three questions in point 8.

My next 7 days

1.

2.

3.

QUESTIONS FOR MY SURGICAL TEAM

READY FOR THE FULL PLAN?

Walk Into Surgery Strong

15 short video lessons from Dr. Daniel L. Beckles, a board-certified general and cardiothoracic surgeon, plus a fillable Patient Workbook, a 42-Day Daily Planner and your Pre-Op Wallet Card. Specialty editions for heart, lung, vascular, women's, abdominal, cancer and joint replacement surgery, and for adults over 65.

Start preparing →

Take the free ABCDES quiz

walkintosurgerystrong.com

CALL 911 OR YOUR LOCAL EMERGENCY NUMBER

for chest pain, severe trouble breathing, fainting, signs of stroke, heavy bleeding or sudden confusion. Your surgical team's instructions always come before this checklist.

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