

Your Health Education

Enhanced Recovery After Surgery (ERAS) Program

Enhanced Recovery After Surgery, or ERAS, is a patient-centered program for surgical recovery. The basic principles of this ERAS pathway are to ensure your strength before and after the procedure through diet and nutrition, to help provide appropriate pain relief after your procedure, and to encourage early walking and exercise. Most importantly, you will participate in every aspect of your care and you can help determine how your recovery occurs!

Before Surgery:

Before your procedure, you will meet with your surgeon. Some patients also may visit a pre-surgical center to see the anesthesia team before the hospital visit. Your surgeon and clinical team will recommend the following:

- Limit smoking. We encourage you to quit completely. If you feel this will be hard for you, please ask your primary care doctor, surgeon, or anesthesia team member for advice on ways to help you to quit.
- Increase your strength and improve your recovery by walking at least 30 minutes a day before your procedure. You will be expected to walk after your procedure also. Exercise before surgery will help you recover after your surgery.
- At least a week before surgery, eat healthy foods to fuel your body with the nutrients that it will need during surgery. This leads to a faster recovery after your procedure, and a faster recovery may mean that you can go home sooner!

Day Before Surgery:

Do not eat anything after midnight the night before your hospital visit. You will be able to continue to drink some non-carbonated clear liquids after midnight as described below.

Day of Surgery:

- Take any medicines your doctors or nurses tell you to take on the day of surgery. Do not eat anything after midnight before your surgery. After midnight, drink Gatorade® or other clear liquids. Gatorade® fills your body with fluids, sugar and electrolytes to use during surgery. You may also drink water, clear juice without pulp (such as apple, cranberry or grape juice), fat-free broth, tea, or coffee.
- Do NOT drink any carbonated beverages, or anything with milk or milk products, including cream for your coffee.

- **Quick tip:** Drink 16 oz. of Gatorade® in the hour before you are told to stop drinking to give extra nutrition as you get ready for surgery.
- **Special note:** If you have Diabetes, please drink Low Calorie G2 instead of regular Gatorade®. Do not drink Gatorade® or sugar containing liquids unless your sugar is low. Continue to drink non-carbonated clear liquids such as water.

Important: Stop drinking all clear liquids and Gatorade® THREE HOURS BEFORE your procedure.

- You will get a series of oral pain medicines before your procedure, which may include acetaminophen. If you have allergies to these medications, or have been told you should not take them for some reason, let the clinical staff know so you do not get them.
- You will meet with members of the anesthesia team, where they will ask you a series of questions. Let them know if you had a problem with anesthesia in the past, if you often get motion sickness, or had nausea and vomiting after surgery. You will get medicine to lower the risk of nausea and vomiting before, during, and after the procedure.

During surgery

You will be given a general anesthetic, a regional anesthetic (like a spinal, nerve block, paravertebral, or epidural) or a combination, depending on your procedure. The benefits and risk of each will be discussed with you. These procedures are safe and the regional anesthetic pain reliever will lower the amount of medicines that you will need after surgery.

After Surgery

Pain medicine and anti-vomiting medicine will be given to you as needed, either by mouth or through your IV. We expect that you will be at least taking sips of water either as you are exiting the recovery room or as you arrive on the nursing unit.

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If you are staying in the hospital after your surgery, you will be expected to get out of the bed and into a chair and also walk under the guidance of the nursing staff, likely starting on the day of your procedure. Your surgical team will discuss this in detail.

You will continue to receive pain medicine and anti-vomiting medicine as needed throughout the rest of your stay. Your diet will be advanced starting the day of your procedure or the day after the procedure and throughout your hospital stay.

At Discharge from the Hospital

Before going home we would like you to be eating and drinking without vomiting, be walking and have your pain controlled well enough with medicines taken by mouth.

Please let us know if you have any questions or needs that we can help you with.

Nutrition before surgery - additional information to help you prepare

Studies have shown that what you do & what you eat before your surgery can reduce complications and speed your recovery! The following guidelines will help to prepare your body for surgery. Your physician will recommend the appropriate individualized meal plan for you.

One week prior to your surgery we want you to increase your consumption of foods and beverages rich in carbohydrate and protein to provide your body with extra nutrients that can be used during your surgery.

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| Meal Plan** | 1 Week prior to surgery | 1 Day prior to surgery | The day of surgery |
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| Standard- if you are at a healthy weight and have a good appetite | Add 2 servings of these foods daily: <ul style="list-style-type: none"> • yogurt (any variety) & fruit • low fat milk (1 cup) & fruit • nuts (1/4 cup) or nut butter (2 Tablespoons) • OR Ensure or Boost or Carnation Instant Breakfast (Limit these to 1 serving daily) | <ul style="list-style-type: none"> • Follow your surgeon's instructions for meals and liquids. • Drink 20-40 ounces of Gatorade or Powerade throughout the day. • Do not eat anything after midnight. • After midnight you may continue to drink non- carbonated clear liquids including Gatorade/Powerade, water, clear juice without pulp, gelatin, fat-free broth, tea and coffee. You are not allowed milk products including cream for your coffee. | <ul style="list-style-type: none"> • Drink 20 ounces of Gatorade or Powerade up until 3 hours prior to surgery. |
| Specialized Needs- if you are underweight, have recently lost weight or have a decreased appetite | Add 2-4 servings of these foods daily: <ul style="list-style-type: none"> • yogurt (any variety) & fruit • low fat milk (1 cup) & fruit • nuts (1/4 cup) or nut butter (2 Tablespoons) • Ensure or Boost (Regular or Plus) or Carnation Instant Breakfast mixed with milk | <ul style="list-style-type: none"> • Follow your surgeon's instructions for meals and liquids. • Drink 20-40 ounces of Gatorade or Powerade throughout the day. • Do not eat anything after midnight. • After midnight you may drink non- carbonated clear liquids including Gatorade/Powerade, water, clear juice without pulp, gelatin, fat-free broth, tea and coffee. You are not allowed milk products including cream for your coffee. | <ul style="list-style-type: none"> • Drink 20 ounces of Gatorade or Powerade up until 3 hours prior to surgery. |
| Diabetes- if you have Diabetes | Add 1-2 servings of these foods daily: <ul style="list-style-type: none"> • Light or Greek yogurt & fruit • low fat milk (1 cup) & fruit • nuts (1/4 cup) or nut butter (2 Tablespoons) • Glucerna or Carnation Instant Breakfast No Sugar Added mixed with low fat milk (Limit these to 1 serving daily unless weight gain desired) | <ul style="list-style-type: none"> • Follow your surgeon's instructions for meals and liquids. • Drink 20-40 ounces of Low Calorie G2 (Gatorade) throughout the day. • Do not eat anything after midnight. • After midnight you may drink non- carbonated clear liquids including Low Calorie G2 (Gatorade), water, sugar free clear liquids or gelatin, fat-free broth, tea and coffee. You are not allowed milk products including cream for your coffee. • Do not drink sugar containing liquids other than g2 unless your blood sugar is low. | <ul style="list-style-type: none"> • Drink 20 ounces of Low Calorie G2 (Gatorade) up until 3 hours prior to surgery. |

***Consult physician or endocrinologist if following an individualized diet*

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Meal Plans (Standard, Specialized, and Diabetes) - 1 week prior to surgery, be sure to include grains, fruits, vegetables, protein (meat or meat alternative), and dairy as tolerated with each meal, in addition to the instructions above. See sample menu below.

| Sample Menu | |
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| Breakfast | <ul style="list-style-type: none"> • 1/2 cup orange juice • 1/2 cup oatmeal (or 1 cup bran flakes) • 1 slice whole wheat toast • 1 tsp margarine • 1 cup low-fat or fat-free milk |
| Lunch | <ul style="list-style-type: none"> • 3-5 oz. turkey slices • 2 slices whole wheat bread • 1/4 cup lettuce for sandwich • 2 slices tomato for sandwich • 1/2 cup fresh carrot sticks • 1 piece fresh fruit • 1 cup low-fat or fat-free milk |
| Dinner | <ul style="list-style-type: none"> • 3-5 oz. baked fish with fresh herbs • 2/3 cup brown rice (changed to make 2 carb servings) • 1 cup green beans • 1 cup mixed greens salad • 2 tablespoons low-fat salad dressing • 1 whole wheat dinner roll • 1 teaspoon margarine (for roll) |
| Evening Snack (optional) | <ul style="list-style-type: none"> • 1 cup low-fat yogurt • 1/2 cup strawberries or blueberries |

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Checklist

The following checklist is designed to help the ERAS surgical patient prepare for the surgical procedure. Please use the boxes to the left of each items to check off the tasks as you complete them.

Week before surgery:

- Increase your daily activity by 30 minutes per day (refer to surgeon's recommendations)
- Eat high protein and high carbohydrate meals (refer to sample patient menus in brochure). If on bowel prep, follow the instructions from your surgeon.
- Stop smoking and decrease alcohol consumption.
- Plan your clear liquid drinks for the night before surgery

Night before surgery:

- Do not eat after midnight (If on bowel prep, follow the instructions from your surgeon).
- Continue to drink non-carbonated clear liquids after midnight until 3 hour prior to surgery (refer to patient brochure)
- Non-diabetic patients, drink 16 oz. of Gatorade ® in the hour before you are told to stop drinking.
- If you have Diabetes, please drink 16 oz. of Low Calorie G2 in the hour before you are told to stop drinking (Do not drink Gatorade ® or sugar containing liquids unless your sugar is low).
- Follow instructions regarding all medications prior to surgery.
- Arrive to hospital at time designated.