

Enhanced Recovery After Surgery (ERAS) is used to improve the patient experience with large operative procedures, especially bowel procedures.

- Allows you to take part in your own recovery
- Increases your comfort- by using long acting pain medications while reducing the need for narcotics.
- Lowers body's reaction to stress by lowering insulin resistance
- Prevents dehydration
- Allows you to start drinking, eating and walking sooner after your operative procedure
- Decreases post-operative wound infection rate and your time in the hospital
- This requires pre-operative patient education, commitment to the process and teamwork with your doctor and the professional staff.

Before Surgery

It is important that you remain active. Take a 30 minute walk every day.

1 day before surgery

- **STOP** all solid food intake.
- You will start a clear liquid diet. A clear liquid diet is often used before surgery to make sure your digestive tract is empty. The following are examples of liquids and foods that qualify as clear:
 - Water
 - Ice
 - Cola
 - Jello
 - Pedialyte
 - Fruit flavored carbonated beverages
 - Clear fruit juice such as apple, cranberry or grape. (No orange juice, vegetable juice, or any other juice containing fiber)
 - Clear sports drinks such as Gatorade or PowerAde
 - Coffee or tea (no cream or milk added)
 - Fat-free broth- chicken or beef
- Use three (3) separate packages of G.E.D. and consume them at separate times.
 - Tear open first packet of G.E.D. and dispense into a bottle. Add 12 oz. (or 350 mls) of water. Shake well. G.E.D. tastes very good! For best flavor, refrigerate the bottle of prepared G.E.D. for a short time before consuming it. This can be consumed during the morning.
 - Prepare the second G.E.D., as above, and fully consume it at 12 hours prior to your scheduled procedure. If your procedure is scheduled after 11am, you can consume the G.E.D. by 10pm.

- Prepare the third G.E.D., as above, and fully consume it, most institutions recommend beginning 3 hours before surgery so the G.E.D. can be completed at least 2 hours before your procedure.
- We will be also using a bowel prep to clear out the colon and you will be receiving specific instructions for this. This typically begins at about 4-6pm the day prior to your procedure.
- You will be given a prescription for antibiotics, Neomycin 1gm and Metronidazole 500mg. One pill each should be taken orally at 2pm, 3pm and 10pm.
- Additionally, we will be asking you to take Gabapentin, which is used to treat nerve pain and has been found to decrease post-operative pain in combination with other specific medications. This should be taken with a sip of water when you leave for the hospital.

After Surgery

Our goals are that:

- You will have excellent pain control to allow you to begin walking the day of surgery.
- You will begin clear liquids the evening of surgery especially if you had laparoscopic surgery.
- The day after surgery you will have full liquids (pudding, sorbet, cream soup). It may be possible to begin a soft diet (rice, baked chicken, cooked fruits and vegetables) either the second or third day.
- You can chew sugarless gum to aid in digestion.
- We will be using new methods of pain control that include a long acting local anesthetic that typically can last for up to 3 days, Tylenol, and IV non-steroidals that decreases tissue swelling before and after surgery.

It is important for you to follow all the instructions to achieve the best post-operative outcome from your surgery. Remember, we are partners in this endeavor. In order for us to do our best and give you the results you are looking for, we are depending on you to do your best.

It is important to be in maximal health prior to a major procedure. For those smoking cigarettes, stopping immediately with significantly improve your health post operatively. Cutting back will do nothing to improve outcome. For those who have a BMI greater than 30, if you are undergoing an elective procedure we will expect you to try to lower your weight through the Paleo Diet, which will improve energy and health levels before and after surgery.