

Enhanced recovery after surgery (ERAS), is a surgical pathway created through evidence-based guidelines to optimize hydration, nutrition, and pain control.

1 Pre-Surgery

One week prior to surgery

1. If you are taking blood thinners, follow your surgeon's instructions for stopping them prior to surgery.
2. Purchase two (2) 10 oz bottles of Ensure Pre-Surgery Clear Carbohydrate drink from the Kent CNE Pharmacy (if you are a diabetic, please purchase one, 20 oz bottle of sugar-free Gatorade instead of the Ensure drink). *Please call the pharmacy at 855-981-1908 for assistance.*
3. Review your "Prep Instructions" provided by your surgeon. Make sure you have the tools necessary to complete your designated prep the day prior to surgery.
4. Review your instructions provided to you from Pre-Admission Testing for use of the Hibiclens antibacterial skin cleanser.

One day prior to surgery

1. Follow your "Prep Instructions" provided by your surgeon.
2. If you are a diabetic or have heart problems, you may need to hold certain medications the day prior and day of your surgery. Ask your surgeon/pre-admission testing for more information.

2 Day of Surgery

1. Take a shower using the Hibiclens antibacterial skin cleanser provided to you from Pre-Admission Testing.
2. Drink two (2) 10 oz bottles of the Ensure Pre-Surgery Clear Carbohydrate or sugar-free Gatorade. Drink 3 hours prior to surgery.
3. When you arrive at the hospital, you will be given oral pain medications to take in the pre-operative area before surgery.
4. Immediately following surgery, you will be given a nerve block by anesthesia targeting your abdominal muscles. By utilizing this block following your surgery, your pain level can be significantly reduced which will help reduce narcotic use after surgery.

After your surgery, it helps reduce:

1. Post-operative pain
2. Post-operative complications (i.e. wound infection)
3. Length of hospital stay

3 Post-Surgery

Following your surgery, your colorectal surgery team will work with you to get you up and walking which will help stimulate your bowel function. Your diet will be advanced and you will be given medications to help with pain control. When you are tolerating a diet and pain is controlled you will be ready to go home.

To learn more about the surgical services offered at Care New England, hover your phone's camera over the QR code below:



or visit:

www.carenewengland.org/colorectal-services