

ERAS for Abdominal Surgery

	Pre-op	Day of Surgery	Intra-op	Post-op	POD1	POD2	POD3	POD4	POD5
Core ERAS	<ul style="list-style-type: none"> Smoking & alcohol abstinence PREP visit 	<ul style="list-style-type: none"> Clearfast 2-3 hours before surgery Multi-modal pain management 	<ul style="list-style-type: none"> Avoid placing an NG tube Multi-modal pain management DVT Prophylaxis Anti-microbial skin prep Regional anesthesia Avoidance of hypothermia ERP Anesthesia protocol Glucose Control protocol 	<ul style="list-style-type: none"> Clear liquids Tailor IVFs to oral intake Continue multi-modal pain management Chewing gum Consider ketamine IV post-op Early ambulation (chair 6 hours, walk w/ assistance in hall) Remove NG tube if present Remove Foley 	<ul style="list-style-type: none"> If still present, Remove Foley 	<ul style="list-style-type: none"> If drains, check output 			
+If Colorectal	<ul style="list-style-type: none"> Oral bowel prep Colorectal surgery education booklet 			<ul style="list-style-type: none"> Anticipate discharge needs POD 3 Consider D/C IVF Offer diet 			<ul style="list-style-type: none"> Discharge planning 		
+ If Liver	<ul style="list-style-type: none"> Liver surgery education booklet No bowel prep 		<ul style="list-style-type: none"> Low CVP (<5) 	<ul style="list-style-type: none"> Anticipate discharge needs POD 3 Offer diet Tailor IVF to patient need 		<ul style="list-style-type: none"> If drain placed, check bilibin & remove if similar to serum Discharge planning 			
+ If Gastrectomy	<ul style="list-style-type: none"> Gastrectomy education booklet No bowel prep 			<ul style="list-style-type: none"> Anticipate discharge needs POD 3 		<ul style="list-style-type: none"> Discharge planning 			
+ If Pancreas	<ul style="list-style-type: none"> Pancreas education booklet No bowel prep 			<ul style="list-style-type: none"> Metaclopramate 20 mg IV 48 hours No somatostatin analog Enternal nutrition Anticipate discharge needs POD 5 		<ul style="list-style-type: none"> Remove drains if amalyse is <2x normal 			<ul style="list-style-type: none"> Discharge planning