ERAS: Enhanced Recovery After Surgery

ERAS for Bowel Surgery to improve recovery

Prior to Surgery

Stay Active as you get ready for surgery

Stop smoking

Take bowel prep and antibiotic pills the day before surgery

Shower with soap the night before surgery

Drink clear fruit drink before bedtime

Day of Surgery

Drink clear fruit drink 4 hours before surgery

Brush teeth before going to the hospital

When you get to the hospital you will receive special cloths to wipe on your skin to reduce infection

You will be given a special ERAS wristband to wear

Recovery

Breathe deeply to clear the lungs

Drink liquids frequently

Walk often

Chew gum to help your bowels start to work

Brush teeth after meals

Minimize use of narcotic pain medications

Plan to go home 2-3 days after surgery

