



Keck School of Medicine of USC

ERAS <i>Enhanced Recovery After Surgery</i>		My Colorectal Surgery Goals					Keck Medical Center of USC <small>Keck Medicine of USC</small>
Patient Name: _____		Unit: _____			Room: _____		
	Before Surgery	Day of Surgery	Post-op Day 1	Post-op Day 2	Post-op Day 3 - 4	Discharge Day	
Where will I be?	Getting ready for Surgery	Operating Room then Room	Hospital Room	Hospital Room	Hospital room	On your way home!	
What tests will be done?	Blood draws, EKG, and other test as needed		Blood draws				
When can that tube come out?			<input type="checkbox"/> I have discussed with my team that my Foley Catheter will come out on Day ___			<input type="checkbox"/> IV out!	
When can I drink and eat?	<input type="checkbox"/> Drink pre-surgery and Immuno-nutrition drink provided by the hospital as instructed <input type="checkbox"/> Bowel prep as prescribed by doctor <input type="checkbox"/> Clear liquids up to 3 hours before surgery	<input type="checkbox"/> First clear liquid meal	<input type="checkbox"/> Regular food 3 times times a day	<input type="checkbox"/> Regular food 3 times times a day	<input type="checkbox"/> Regular food 3 times times a day	Regular food 3 times a day	
Today I walked ___ minutes:	Set goals with your health care provider	morning: noon: evening:	morning: noon: evening:	morning: noon: evening:	morning: noon: evening:	morning: noon: evening:	
My pain is:	___ / 10	___ / 10	___ / 10	___ / 10	___ / 10	___ / 10	
Planning for home:	<input type="checkbox"/> My ride here? <input type="checkbox"/> My ride home? <input type="checkbox"/> If needed, who will stay with me once discharged		<input type="checkbox"/> Read home care packet and review with family	<input type="checkbox"/> Arrange for family and friends at home	<input type="checkbox"/> Have everything I need to go home (walker, commode, cane, supplies, etc.)	<input type="checkbox"/> No more questions <input type="checkbox"/> Understand my medications	
Road to recovery!	Getting ready by eating healthy, quitting smoking, and drinking less alcohol	<input type="checkbox"/> Pain controlled	<input type="checkbox"/> Sitting in chair and starting to walk	<input type="checkbox"/> Walking 3 times a day and breathing exercises	<input type="checkbox"/> Walked a lap around the hospital floor	<input type="checkbox"/> Pain controlled, no trouble eating or walking, ready to go!	


Signs you're ready for discharge:




You are alert and aware of your surroundings, and your pain is in control




Your heart rhythm and rate are controlled and your incision healing



You are not short of breath, able to take deep breaths



You have bowel function and urinating well without the catheter



You are walking each day and your incision is healing

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ERAS

Enhanced Recovery After Surgery

Keck Medical
Center of USC
Keck Medicine of USC

A proven way to help you get well more quickly after having major surgery

Prepare Your Whole Self



- ✓ Start as soon as you decide to have surgery
- ✓ Get fit for surgery: eat healthy, quit smoking, and drink less alcohol
- ✓ Visit our clinic for needed tests before surgery
- ✓ Drink the pre-surgery drink we give you before your surgery
- ✓ Drink clear liquids up to 3 hours before surgery (pre-surgery drink, water, apple juice, black coffee, tea)
- ✓ Plan with your friends and family about how they can help you at home



Care During Surgery

- ✓ We will use the smallest incision possible
- ✓ We will numb the area to reduce your pain
- ✓ We will only give strong drugs if necessary
- ✓ We will keep you warm and give you IV fluids as you need



Get Well Faster

- ✓ You will have fewer tubes after surgery and they will come out early
- ✓ You will be given mild drugs often for pain
- ✓ You will drink, eat, and walk as soon as it is safe
- ✓ You will be taught breathing exercises to keep your lungs healthy
- ✓ You will be given a step-by-step care guide for when you go home

ERAS is about giving you a better experience in every way:



**Highest
Patient
Comfort**



**Fastest
Healing**



**Fewest
Side
Effects**