

Enhanced Recovery Program (ERP)

Patient Education

Enhanced Recovery Program (ERP) is a program that helps you get better quicker after major surgery.

ERP uses the best medical and surgical practices to:

- Reduce pain after surgery
- Increase early physical activity
- Promote bowel function

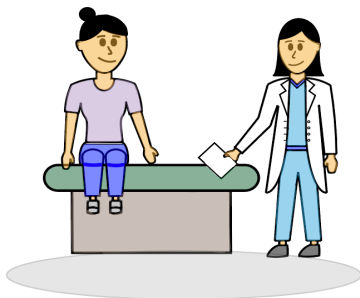
ERP has been shown to greatly reduce complications and length of hospital stay in many hospitals across Europe and the United States. ERP is safe and helpful for patients like you who will be having major surgery. While in clinic, your nurse and doctor will discuss with you what you need to do before surgery, how the surgery will be done, and what to expect after surgery using ERP.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

At Your Clinic Visit

You will receive:

- A surgery plan
- Videos on the internet to help you understand your surgery



Your surgeon may recommend that you prepare your body for surgery by:

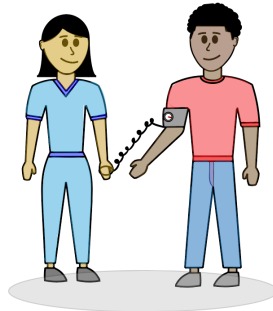
- Exercising
- Stopping smoking
- Improving your diet

Download the SeamlessMD App. It will help you answer common questions.

Please do these things as they will help you recover better and more quickly.

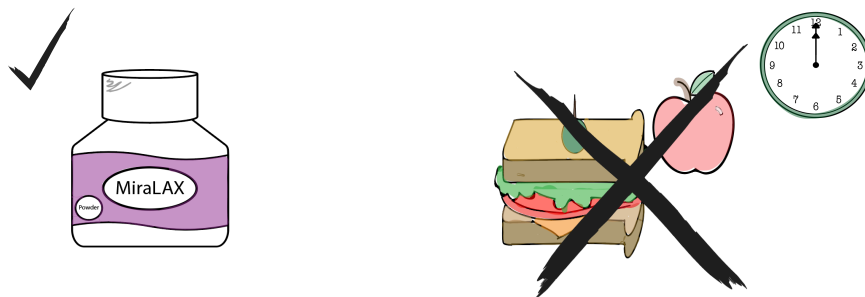
Pre-Op Testing

- You will meet with the anesthesia care team.
- You may be prescribed:
 - ✦ **Miralax**, which is a bowel preparation that helps get your intestines ready for surgery. You will take this one day before surgery.
 - ✦ **Chlorhexidine (CHG)**, which is a soap that helps reduce possible infection from the skin. Wash your body with it 2 days before surgery, 1 day before surgery, and morning of surgery.



One Day Before Surgery

- Take Miralax
- Use Chlorhexidine
- Do not eat solid foods past midnight the night before surgery
 - ✦ Eating solid food after midnight will result in delaying or cancelling of your surgery.
 - ✦ This is because the solid foods can get into your lungs while you are under anesthesia.



- **One business day before surgery** (business days are Monday through Friday) you will receive a call from the surgeon's office about arrival time.
- If you do not receive this call by 4 PM, please call the surgeon's office.

UAB Colorectal Surgery: 205-975-3000
UAB Pre-Testing: 205-801-8261

Morning of Surgery

Depending on where your procedure is scheduled please show up to the following area (unless your surgeon tells you something different):

- UAB Hospital – Report to the 2nd floor Admitting at UAB North Pavilion
- UAB Highlands – Report to the 1st floor Main Admitting Department
- UAB Highlands Plastic Surgery Patients – Report to the 2nd floor Surgery Desk

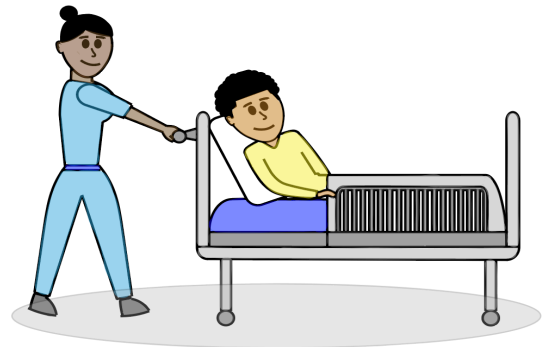
Your surgery may be **cancelled** or **delayed** if a responsible adult is not present on arrival and can stay in the area to drive you home when you are discharged.

DO...

- Take medicine that your anesthesia care team told you to
- Shower and brush your teeth
- Wear loose clothing
- Bring your insurance information, identification, and copayment
- Bring a current list of your medicines
- Bring a case for contacts, glasses, or dentures
- If you use a CPAP machine, bring it with you to Pre-op

DO NOT...

- Wear makeup, nail polish, or lotion – deodorant is fine
- Bring valuables and jewelry



Your care team may reduce your pain after surgery by:

- A spinal injection by the UAB Pain Service
- Taking pills by mouth (**Gabapentin, Tylenol, and/or Celebrex**)

Diet

Drink high-carbohydrate clear liquids (Gatorade, Powerade, ClearFast) or fruit juice (apple, cranberry, or grape) until you arrive at the hospital (which should be roughly 2 hours before surgery) to help your body's ability to respond to the stress that comes with having surgery– your surgeon will tell you which kind to drink.



Clear Liquids for Patients WITHOUT Diabetes

✦ ALLOWED	✦ NOT ALLOWED
<ul style="list-style-type: none"> • Plain coffee <u>without</u> sugar or creamer • ClearFast, Gatorade or Powerade (Recommended) • Apple, cranberry, and grape juice • Jell-O • Italian ice • Popsicle • Ginger ale, Sprite, Sierra Mist, or 7 Up 	<ul style="list-style-type: none"> • Milk or dairy products (including in coffee and tea) • Citrus juices • Prune juice • Juices with pulp • Any food or beverage not in the "Allowed" column

If you have diabetes, do **NOT** drink the high carbohydrate drinks (juice, ClearFast, Gatorade or Powerade) **the morning of surgery**, as it can cause high blood sugars before surgery. **Please see the list below for suggested items to drink the day before surgery.** Drink sips (small amounts).

Clear Liquids for Patients WITH Diabetes

✦ ALLOWED	✦ NOT ALLOWED
<ul style="list-style-type: none"> • Plain coffee <u>without</u> sugar or creamer • Gatorade G2 or Powerade Zero (Recommended) • Sugar-free Jell-O • Sugar-free Italian ice • Sugar-free fruit-flavored popsicle • Diet ginger ale, Diet Sprite, Diet Sierra Mist, or Diet 7 Up 	<ul style="list-style-type: none"> • Milk or dairy products • Citrus juices • Prune juice • Juices with pulp • Any food or beverage not in the "Allowed" column

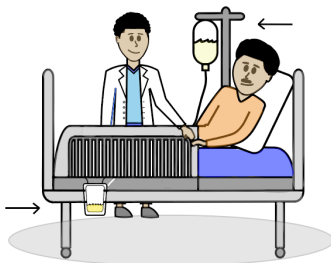
Surgery

✦ You will be put under anesthesia and have your operation.



Recovery Room



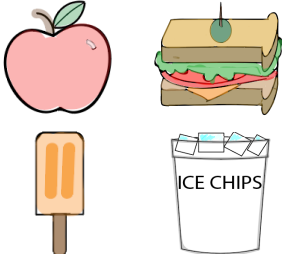

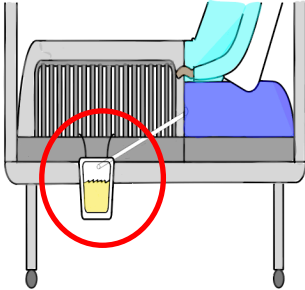
- ✦ You will wake up in the recovery room with an IV in your arm. There will also be a pee bag at the end of your bed.




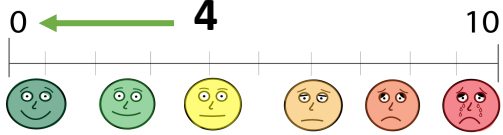
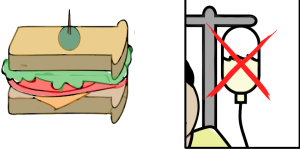
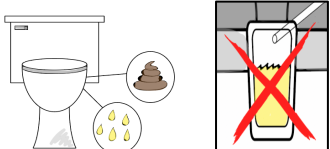
Hospital Room

- ✦ You will be moved from the recovery room to your hospital room.


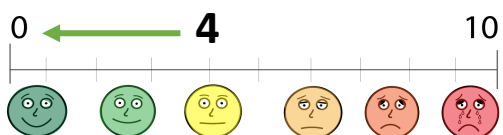
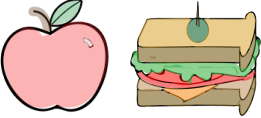

Night of Surgery

<p>1. Walk three times during the day.</p> 	<p>2. Have a pain level that is less than 4 on a pain scale of 0 to 10 (0 being no pain and 10 being the worst pain).</p> <p>It is possible to have a pain level that is above 4. If this is the case, let your nurse know.</p> 
<p>3. Try to eat solid foods, but popsicles and ice chips are also fine. You will still have your IV attached to your arm.</p>  	<p>4. You will still have your pee bag attached.</p> 

Day 1 after Surgery

<p>1. Walk three times during the day.</p> 	<p>2. Have a pain level that is less than 4.</p> 
<p>3. Eat solid foods. Your IV will be removed.</p> 	<p>4. Go to the bathroom. Your pee bag will be removed.</p> 

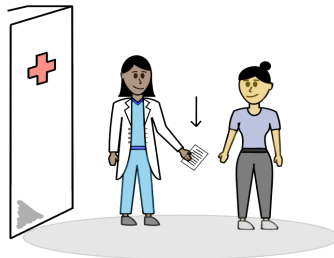
Days 2 and 3 after Surgery

<p>1. Walk three times during the day</p> 	<p>2. Have a pain level that is less than 4.</p> 
<p>3. Eat solid foods.</p> 	<p>4. Go to the bathroom.</p> 

Go Home

✦ You will be sent home about 3 days after surgery.

✦ You will receive care instructions.



Follow-Up Appointment

✦ You will meet with your doctor to check on your healing progress.

