

# ERAS

## Enhanced Recovery After Surgery

Patient Pre-Operative Checklist

### ERAS program helps to:



Promote overall healing from surgery



Decrease opioid pain medicine use and side effects by using regional anesthesia



Advance diet faster and speed up return of bowel function



Decrease length of hospitalization

|   |   |  |
|---|---|--|
|  <p><b>SURGERY</b></p>        | <p>My child's colon surgery starts at _____ on _____.</p> <p>You will receive a call 48 business hours before surgery with more instructions on eating and drinking, when to arrive, and where to go on the day of surgery.</p>   | <input type="checkbox"/>                                 |
|  <p><b>BOWEL ROUTINE</b></p> | <p>Give your child MiraLAX to help soften the stool the day before surgery. If your child is younger than 2 years old, give:</p> <ul style="list-style-type: none"> <li>1 capful of MiraLAX mixed in 16 ounces of Pedialyte in the am</li> <li>1 capful of MiraLAX mixed in 16 ounces of Pedialyte in the pm</li> </ul> <p>If your child is 2 years and older, give:</p> <ul style="list-style-type: none"> <li>2 capfuls of MiraLAX mixed in 16 ounces of Pedialyte in the am</li> <li>2 capfuls of MiraLAX mixed in 16 ounces of Pedialyte in the pm</li> </ul> <p><i>*Already following an enema regimen? Your team will let you know if your child will continue this the night before surgery.</i></p> | <input type="checkbox"/><br><br><input type="checkbox"/> |
|  <p><b>CLEAR CARB</b></p>    | <p>Choose a clear, carbohydrate-rich drink like Gatorade or Pedialyte for your child to drink 2-3 hours before surgery.</p> <p>Try to have them drink about _____ oz. before surgery. They must finish drinking it no later than 2 hours before the surgery time.</p>   | <input type="checkbox"/>                                 |
|  <p><b>QUESTIONS</b></p>     | <p>We are here to help with your questions before surgery.</p> <p>For surgery questions, call the Colorectal Center: (816) 234-3199<br/>For anesthesia questions, call the PAT Clinic: (816) 802-1238</p>   | <input type="checkbox"/>                                 |