

Enhanced Recovery after Surgery (ERAS)

Introduction & Patient Checklist

Enhanced recovery is a clinical pathway that helps to: prepare your body for surgery, recover safely, and return home as soon as possible after your procedure. You may hear this pathway referred to as E.N.E.R.G.Y. within our program.



Your involvement is essential! Use this checklist to prepare for your upcoming bariatric surgery and recovery.

BEFORE SURGERY:

1-3 Months before your procedure

- ☐ **Increase physical activity.** Work toward 30 minutes per day of aerobic or resistance training daily if tolerated. This will build conditioning before surgery and also help with your recovery process.
- ☐ **Stop smoking.** If you currently smoke, your surgeon will provide you with a referral to a smoking cessation program.
- ☐ **Proactive pain management plan.** Notify your surgeon if you are taking medicine for a chronic pain condition. You will be referred to a pain doctor for an assessment and plan to better manage your pain after surgery.
- ☐ **Control your blood sugar.** Keeping your blood sugar at normal levels will assist in your healing. High blood sugars can lead to an increased chance of infections and slow your recovery process.
- ☐ **Medication changes.** After surgery it is very important to take your medications in a crushable or liquid form for the first month. Obtain new prescriptions for any medicines you have that are in a long-acting or sustained-release form.
- ☐ **Pulmonary consultation.** As part of your pre-surgical process, you will be referred to see a pulmonologist. During this visit your lung fitness will be assessed. You may be scheduled for a sleep study and treatment if indicated.
- ☐ **Attend nutrition class.** In this class you will learn general tips for ensuring a smooth eating path after surgery. Dietary progression and vitamin recommendations will be reviewed by our outpatient dietitians.
- ☐ **Stop hormones one month before surgery.** Estrogen, progesterone, and birth control pills can increase your risk of developing blood clots. If stopping birth control pills, it is important to substitute an alternate form of contraception.

2 Weeks before surgery

- ☐ **Begin Bariatric Advantage High Protein Supplements.** The purpose of this liquid diet is to shrink the liver and make surgery safer and easier to perform. Using these supplements as directed can also jump start your weight loss.
- ☐ **Pick up your vitamin supply.** 30-day vitamin & mineral supplement kits are available at the Kane Center.
- ☐ **Get prescriptions from your surgical team.** Filling your medication prescriptions before hospitalization will ensure you have what you need when you get home after surgery. NOTE: *Do NOT fill Lovenox as dose may need to change.*
- ☐ **Complete Pre-Surgical Questionnaire at Kane Center.** This is the 1st of 3 short surveys you will be asked to take about your experience with enhanced recovery.
- ☐ **Start deep breathing exercises.** Practicing lung expansion by deep breathing assists in preventing pneumonia.

2 Days before surgery

☐ Shower with Chlorohexidine soap 2 nights prior to and morning of surgery.

Day before & morning of surgery

☐ Discontinue ACE inhibitors and angiotensin receptor blockers (ARBs) 24 hours before surgery. These medications are used for high blood pressure & heart failure. Unsure if you are taking these medications? Check with your doctor.

☐ Start clear liquid diet the day before surgery as directed by your surgeon.

☐ Carbohydrate drinks

- Night prior to surgery:
 - 28-32 oz. regular sports drink (not sugar-free) or 32 oz. apple, cranberry or no-pulp orange juice
- Morning of surgery (**NO LATER THAN 2 HOURS PRIOR TO SCHEDULED ARRIVAL TIME**):
 - 12-20 oz. regular sports drink (not sugar-free) or 16 oz. apple, cranberry or no-pulp orange juice
 - You may be told to do this earlier if you have a condition affecting your digestion.

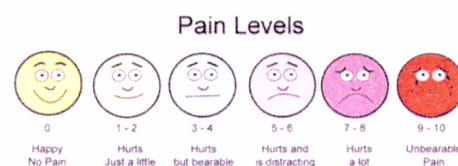


☐ Medications upon arrival to the hospital. You will be given medication to help with inflammation, infection prevention, and pain control prior to and after surgery.

AFTER SURGERY:

While you are in the hospital

☐ Pain management. You will be given various medications to manage your pain after surgery. Your pain will be controlled with medications including Tylenol, Celebrex or Toradol, Gabapentin, and limited opioids (narcotics) as needed. Opioids are limited since they can delay the return of bowel function and cause over sedation.



☐ Start Bariatric clear liquid diet. You will begin clear liquids as soon as you are tolerating liquids safely.

☐ Up and active. You will be assisted to get up to a chair and walk as much as possible the day of surgery.

☐ Frequent coughing and deep breathing. Use your incentive spirometer ten times each hour to expand your lungs.

☐ Complete In-Hospital Questionnaire. Please share your experience and how well you felt prepared for surgery.

When you get home

☐ Walk at least every two hours. Spend most of the day out of bed, either walking or sitting in a chair.

☐ Continue to take your oral pain medication as needed. Notify your surgeon if pain is increasing.

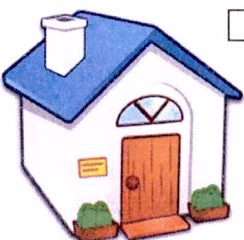
☐ Follow your dietary progression plan. Most patients will start full liquids immediately upon arriving home. Contact your surgeon if you are experiencing difficulty eating, nausea or vomiting.

☐ Return to your surgeon for a follow-up appointment within 7-10 days. Follow-up also with your primary doctor, pulmonologist and/or endocrinologist as medication needs often change after surgery.

☐ Complete Post-Surgical Questionnaire at Kane Center. Please share your experience about your recovery process.

☐ Refer to your HELP card for contact numbers and call if you have any questions or concerns.

☐ Use AMITA Health Check to stay on track with your recovery plan, diet progression, tips and reminders.



Thank you for allowing us to support you in this journey toward improved health!
Your AMITA Health Bariatric Surgery Care Team