

1 DAY BEFORE SURGERY	DAY OF SURGERY	1 DAY AFTER SURGERY	2 DAYS AFTER SURGERY
<p>Diet: You may eat a normal breakfast.</p> <p>For the rest of the day, only drink clear fluids: water, Jello, juice without pulp, Popsicles, clear broth, Gatorade, tea, or coffee. <i>No milk or milk products.</i></p> <p>Drink (1) 12-ounce bottle of GED at bedtime.</p>	<p>Diet: Take medications (if any) as prescribed by the doctor.</p> <p>Drink (1) 12-ounce bottle of GED (bottle #2) prior to arriving at hospital and at least 2 hours prior to scheduled <i>surgery time</i>. You may drink other clear fluids as well. <i>No solid foods or milk.</i></p> <p>Preparation: Take a shower (#2) using the Chlorhexidine antiseptic skin cleanser as directed.</p> <p>At the hospital before surgery: A nurse will help you get ready for surgery. You will: confirm your history and medications, change into a hospital gown and stockings, receive an IV, and use your incentive spirometer. Your surgeon and anesthesia provider will also be present.</p> <p>After surgery: You will be transferred to recovery, and then your hospital room.</p> <p>Tell your nurse if your pain reaches 4/10 on the pain scale.</p> <p>Staff will assist you with walking twice in the halls.</p>	<p>Diet: Chew gum for 60 minutes, 3 times per day.</p> <p>Drink liquids. Once this goes well, you will be given solid foods with 3 protein drinks to have during the day.</p> <p>Activity: Perform deep breathing and coughing exercises.</p> <p>Use incentive spirometer every hour while awake.</p> <p>Sit in a chair for all meals for at least six hours per day total.</p> <p>With assistance, get up and walk length of the hallway 4 times during the day. This is in addition to bathroom use.</p> <p>Comfort and Pain Control: Tell your nurse if your pain reaches 4/10 on the pain scale.</p> <p>The urine tube that was inserted during surgery will be removed so that you can urinate on your own. You may then get up use the bathroom to urinate.</p>	<p>Diet: Eat solid foods and continue to drink liquids plus protein drinks. Continue to chew gum for 60 minutes, 3 times per day.</p> <p>Activity: Perform deep breathing and coughing exercises.</p> <p>Use your incentive spirometer every hour while awake.</p> <p>Sit in a chair for all meals for at least six hours per day total.</p> <p>With assistance, get up and walk length of the hallway 6 times per day. This is in addition to bathroom use.</p> <p>Comfort and Pain Control: If you had an epidural, the tiny tube in your back will be removed.</p> <p>Tell your nurse if your pain reaches 4/10 on the pain scale.</p> <p>Going Home: The nurse will review your written discharge instructions (including pain medication and follow-up appointment) prior to leaving the hospital.</p>

ELMHURST HOSPITAL

A Patient Guide to

Enhanced Recovery after Intestinal Surgery

Please use this guide to help you know how to prepare for your surgery and what to expect on the day of surgery.

Enhanced Recovery after Intestinal Surgery

What is it?

“Enhanced recovery” is a method of treatment to help you recover from intestinal surgery.

What are the benefits?

Research shows that patients who are treated with an “enhanced recovery” approach recover faster and have fewer complications than with traditional approaches. This approach is expected to:

- Improve the outcome of your surgery
- Reduce the chance of complications following surgery
- Allow you to recover and go home from the hospital sooner

Before Your Surgery



Exercise will help make sure your body is as fit as possible before your surgery. If you are already exercising, keep up the good work. If you are not, start slowly adding exercise into your day.

- Exercise does not need to be strenuous to be helpful; in fact, a fifteen-minute walk is far better than not exercising at all.

We strongly suggest you **stop smoking** completely before your surgery, as this will

reduce the risk of lung complications afterward. Doctors can help you stop smoking by prescribing certain medications.

Do not drink alcohol 24-hours before surgery. Alcohol can interact with some medications. Please let us know if you need help decreasing your alcohol use before surgery.

Preparing for Surgery

After your surgery is scheduled through your surgeon’s office, call the pre-anesthesia testing department on the following business day to schedule your pre-anesthesia phone interview and pre-operative preparation appointment. Pre-anesthesia testing: (331) 221-0460

Pre-anesthesia phone interview date & time:

During this interview, you will be asked about your current medications (including herbal supplements), your medical history and living arrangements. Please have this information, including all medication bottles, readily available for your appointment.

Pre-operative preparation appointment:

This appointment will give you the opportunity to ask questions and get what you need for your preparation. A nurse will explain what you are to do prior to surgery as well as what to expect once you are here. You may complete all testing and pick up all necessary preparations at the time of your appointment.

- **Required testing** is determined by your medical history. You will receive instructions after your interview. Any testing should be completed at the Center for Health at 1200 S. York Rd., Elmhurst, IL 60126.
- **Pre-operative antibiotics** will be prescribed by your surgeon. The antibiotics will be available at the Walgreens located inside Elmhurst Memorial Hospital. You may pick them up when you come in for your pre-anesthesia testing appointment or you may choose a pharmacy that is convenient for you.
- **Skin Prep.** You will take two showers with an antiseptic skin cleanser (chlorhexidine) prior to surgery. One should be the night before and one should be the morning of surgery. The cleanser is available at the Walgreens located inside Elmhurst Memorial Hospital.
- **Bowel cleansing** will be prescribed by your surgeon. Complete this as directed the day prior to surgery. The prescribed preparation will be available at the Walgreens located inside Elmhurst Memorial Hospital.
- **Diet.** The day prior to surgery you may eat a normal breakfast. For the rest of the day, only drink clear fluids: water, Jello, juice without pulp, Popsicles, clear broth, Gatorade, tea, or coffee. No milk or milk products. No solid food.
- **Complex carbohydrate drink.** Directions: Tear open one (1) packet of Glycemic Endothelial Drink (GED) and dispense it into a bottle. Add 12 oz (or 350 mls) of water. Shake well. Refrigerate the prepared drink for a short time before drinking it. Consume one 12 oz bottle of GED at bedtime on the night prior to surgery, and one 12 oz bottle of GED on the day of surgery at least 2 hours prior to your scheduled surgery time. You may pick up your GED when you come in for your preoperative appointment.

Day of Surgery

Consume (1) 12-ounce bottle of GED (bottle #2) prior to arriving at hospital and at least 2 hours prior to scheduled surgery time. You may drink other clear fluids as well. No solid foods or milk products.

Pre-Surgery Checklist

This pre-surgery checklist will help you to be prepared for surgery. Please complete this checklist and bring all forms with you on the day of surgery.

Preparation	Date and Time Completed
Phone interview with pre-anesthesia testing office	
Pre-anesthesia testing office visit	
Blood tests	
Bowel preparation	
Name of prep: _____	
Antibiotics	
Name of antibiotics: _____	
GED 12-ounce bottle #1	
GED 12-ounce bottle #2	
Chlorhexidine antiseptic skin cleanser shower #1	
Chlorhexidine antiseptic skin cleanser shower #2	