

Abbreviations (laboratory & radiology excluded):

ACE = Angiotensin-converting enzyme
 ARBs = Angiotensin II receptor blockers
 ASA = American Society of Anesthesiologists
 EP = Electrophysiology
 PLT = Platelet
 pts = patients

Inclusion Criteria:

- Bypass cases
- Coarctation of aorta cases
- Vascular ring cases
- Patients > 6 months of age
- Patients with ASA Status I, II, or III

Exclusion Criteria:

- Repeat sternotomy cases
- Single ventricle physiology
- Pre-op inpatients

Medication/Diet Instructions received

Medication:

- **HOLD** ACE inhibitors and ARBs for 24 hours prior to surgery
- **HOLD** AM diuretics
- **Give** beta-blockers, anti-arrhythmics, other cardiac medications (unless being held by the EP service)
- **Anticoagulants and NSAIDs**- consider what's appropriate for normalization of coagulation and PLT function. Minimum PLT count of 50k.
- **Give** indicated oral medications before NPO time
 - Pulmonary vasodilators
 - Anti-hypertensive medications (not ACE inhibitors or ARBs)
 - Anti-rejection medications
 - Seizure medications
 - Reflux medications
 - Thyroid replacement
 - Anxiety/ADHD/behavioral medications
 - Statins

Diabetics:

- **HOLD** Metformin for 24 hours prior to surgery
- **OK** to continue long-acting insulin (Ex: Lantus)
- **HOLD** AM short acting insulin and oral anti-diabetic agents
- **OK** to keep insulin pump at basal rate

Diet:

- Standard NPO guidelines
- **2-3 hrs prior to surgery:** Carbohydrate - rich drink

Arrival time/location

Prior to surgery day

Patient scheduled for cardiac bypass or thoracotomy procedure

Pre-Admission Testing (PAT) Evaluation:

- Introduction to ERAS principles- early extubation, multimodal analgesia, encouraging PO intake, etc
- Pain management and regional anesthesia- obtaining consent
- Carbohydrate - rich drink up to 2 hours prior to surgery

Medication/Diet Instructions

- Discuss anesthesia risks and plan (including mitigation of pre-op anxiety)
- [Pre-op Cardiac Surgery ERAS checklist](#)
- [Cardiac Surgery ERAS pathway](#)

Labs:

- CBC with differential
- BMP
- Urinalysis
- Coagulation studies
- Thyroid studies (TSH and Free T4)
- Type and screen

*May differ for thoracotomy patients

Radiology:

- Chest x-ray (AP and lateral)
- EKG
- ECHO
- UE/LE ultrasound

*May differ for thoracotomy patients

Instruct caregivers/parents to call Heart Center APRN if they have any questions prior to surgery

Algorithms:

- [Intraop- Bypass](#)
- [Intraop- Thoracotomy](#)
- [CICU](#)
- [Inpatient](#)