

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

 SURGERY	<p>My child's bladder surgery starts at _____ on _____.</p> <p>You will receive a call 2 business days before surgery with more instructions on fasting, when to arrive, and where to go.</p>	<input type="checkbox"/>
 BOWEL ROUTINE	<p>Do your child's normal bowel routine (MiraLAX, MACE flush, cone enema, etc.) the day before surgery.</p> <p>They should eat regular, healthy meals the day before surgery. They must stop eating at least 6 hours before surgery starts.</p>	<input type="checkbox"/>
 CLEAR CARB	<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 12 oz. before surgery. They must finish drinking it no later than 2 hours before the surgery time.</p>	<input type="checkbox"/>
 MEDICINES	<p>If your child takes the bladder relaxant <i>oxybutynin</i>, give it for the last time the night before surgery.</p> <p>Give other medications on surgery day as instructed in PAT.</p>	<input type="checkbox"/>
 QUESTIONS	<p>We are here to help with your questions before surgery.</p> <p>For surgery questions, call the Urology Clinic: (816) 234-3395 For anesthesia questions, call the PAT Clinic: (816) 802-1238</p>	<input type="checkbox"/>