

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



Promote return to normal diet faster



Decrease length of hospitalization

 SURGERY	My child's heart surgery is scheduled on _____. Please be at the hospital and checked in to Same Day Surgery at - _____.	<input type="checkbox"/>
 FOOD	Your child should eat regular, healthy meals the day before surgery. Your child must stop eating or taking formula/fortified breastmilk at least 6 hours before surgery and plain breastmilk 4 hours before surgery starts.	<input type="checkbox"/>
 CARBO DRINK	Choose a clear, carbohydrate-rich drink like Gatorade or Pedialyte for your child to drink 2 hours before surgery. They must finish drinking it no later than 2 hours before the surgery time.	<input type="checkbox"/>
 MEDICINES	Give other medications on surgery day as instructed in PAT.	<input type="checkbox"/>
 QUESTIONS	We are here to help with your questions before surgery. If you have any questions, please call (816) 234- 3000, and ask for the Heart Center Procedural APN on call.	<input type="checkbox"/>