

# 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

My child's colon surgery starts at \_\_\_\_\_ on \_\_\_\_\_.

You will receive a call 48 business hours before surgery with more instructions on eating and drinking, when to arrive, and where to go on the day of surgery.



#### BOWEL ROUTINE

Give your child MiraLAX to help soften the stool the day before surgery.

If your child is younger than 2 years old, give:

1 capful of MiraLAX mixed in 16 ounces of Pedialyte in the am

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If your child is 2 years and older, give:

2 capfuls of MiraLAX mixed in 16 ounces of Pedialyte in the am

2 capfuls of MiraLAX mixed in 16 ounces of Pedialyte in the pm

*\*Already following an enema regimen? Your team will let you know if your child will continue this the night before surgery.*



#### CLEAR CARB

Choose a clear, carbohydrate-rich drink like Gatorade or Pedialyte for your child to drink 2-3 hours before surgery.

Try to have them drink about \_\_\_\_\_ oz. before surgery.

They must finish drinking it no later than 2 hours before the surgery time.



#### QUESTIONS

We are here to help with your questions before surgery.

For surgery questions, call the Colorectal Center: (816) 234-3199

For anesthesia questions, call the PAT Clinic: (816) 802-1238

