

East Lancashire Hospital NHS Trust Colorectal ERAS Pathway



Preoperative Clinic

- Patient information regarding enhanced recovery process, operation, anaesthetic, analgesia, VTE
- Smoking cessation and dietary advice
- Pre-load sachets given
- Advised to bring sugar free chewing gum



Day of Surgery



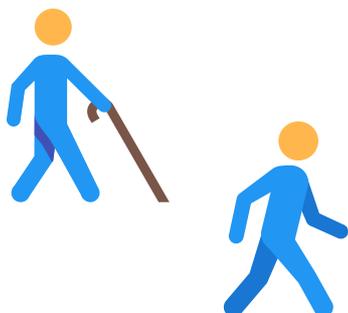
- Patient weighed
- Preload at 0600
- Pre-op Paracetamol and Gabapentin
- Post-op pain relief advice given
- Reiteration of: deep-breathing and limb exercises, nutrition advice, early mobilisation advice
- Check patient has ER pathway booklet to fill in

Intraoperative

Anaesthesia

Intraoperative Goal Directed Fluid Therapy
Multimodal anti-emesis
Maintain normothermia

Refer to acute pain team
Prescribe maintenance fluid 1l over 12hrs
Prescribe post op buccastem and gabapentin



Postoperative

Review of

- Pain
- Deep breathing and mobility
- Eating and drinking
- Elimination
- Infection
- Observations

Patients are encouraged to complete their own diary and set goals