

# Enhanced Recovery After Surgery

## *A Checklist for Patients*

Use this checklist to help you track your progress before and after your surgery. This list will help us provide you with the best care throughout your stay. It will also give us important feedback on how much you are moving around, any pain or nausea you may experience and how well you are eating and drinking.

### In the weeks leading up to surgery

- I am a non-smoker.
- OR
- I quit smoking at least two (2) weeks before surgery.

### Day before surgery

- Follow a clear liquid diet if instructed by your surgeon.
- Do the bowel prep if instructed by your surgeon.

### Morning of surgery

- Drink one 20-ounce Gatorade or any sports drink (no red color) before leaving for the hospital.

### Evening after surgery

- Drink clear liquids.
- Get out of bed for at least two (2) hours.
- Chew gum for at least 30 minutes.
- Complete your breathing exercises and use your incentive spirometer every hour.

### Postop Day 1

- You don't have a urinary tube (foley) or it is removed.
- Chew gum for three 30-minute sessions.
- Walk two (2) laps around the nurses unit at least four (4) times throughout the day.
- Eat three meals of solid food.
- Complete your breathing exercises and use your incentive spirometer every hour.

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### Postop Day 2

- You don't have a urinary tube (foley) or it is removed.
- Chew gum for three 30-minute sessions.
- Walk two (2) laps around the nurses unit at least four times throughout the day.
- Eat three meals of solid food.
- Complete your breathing exercises and use your incentive spirometer every hour.
- Your intravenous line is discontinued from the bag of fluid.

### Postop Day 3

- You don't have a urinary tube (foley) or it is removed.
- Chew gum for three 30-minute sessions.
- Walk two (2) laps around the nurses unit at least four times throughout the day.
- Eat three meals of solid food.
- Complete your breathing exercises and use your incentive spirometer every hour.
- Your intravenous line is discontinued from the bag of fluid.

### Comments for our team:

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Thank you for taking the time to complete this checklist every day while you are in the hospital. It will help us learn from your experience and improve our service.

**Remember to give your completed checklist to your nurse before you leave the hospital on discharge day.** It is our privilege to care for you before, during and after your surgery.

