

Enhanced Recovery After Surgery

A Checklist for Patients

Please 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 surgical journey. It will also give us important feedback on how much you are moving around, any pain or nausea you experience and how well you are eating and drinking.

In the weeks leading up to surgery

- No tobacco or other nicotine use at least two (2) weeks before surgery.
- Stop taking NSAIDs, fish oil, Vit E, Turmeric
- Take a walk every day. It is important that you remain active.
- Continue your normal diet.
- Drink plenty of fluid. We want you hydrated.

1-2 days before surgery

- Increase carbohydrates in your diet (Carbs help prepare your body for surgery), such as pasta, rice, cereals and oatmeal, bread, grains, beans, lentils, peas, milk, and fruits.

Evening hours before surgery

- STOP all solid food intake 8 hours before surgery.
- You may continue other clear liquids. A clear liquid diet is often used before surgery to make sure your digestive track is empty. This diet contains any liquid or food that when melted becomes a clear liquid. The following are examples of clear liquids:
 - Water/ice
 - Clear soda such as Sprite, 7-up, Sierra Mist, etc. (NO colas or root beer).
 - Fruit flavored carbonated beverages.
 - Clear fruit juice such as apple, cranberry, or grape. (No orange juice, vegetable juice, or any other juice containing fiber).
 - Clear sports drinks such as Gatorade or Powerade.
 - Coffee or tea (no cream or mild added)
 - Fat-free broth.

Bedtime-Night before surgery

- Take your prescriptions as instructed:
 1. Gabapentin 300 mg taken by mouth at bedtime.
 2. Omeprazole (Prilosec) 40 mg by mouth at bedtime.
 3. Drink one bottle of Pedialyte evening before surgery.

2 hours before surgery

- Do not drink any more liquids (no chips of ice, no mints, no gum, no sips of water).
- Take your prescriptions with a ¼ cup of Pedialyte and as instructed:
 1. Gabapentin 300 mg taken by mouth day the of surgery.
 2. **If you do NOT have a Sulfa allergy:**
 - Celecoxib (Celebrex) 400 mg (2 tabs) by mouth the day of surgery.
 3. Tylenol 1000 mg taken by mouth the day of surgery.
 4. Scopolamine 1.5 mg patch behind left ear. (If it was prescribed)
 5. Prilosec 40 mg by mouth.
 6. Emend (Aprepitant) 80 mg by mouth at bedtime. (If prescribed for nausea)

Evening after surgery

- You will begin with liquids and once tolerated, you may begin carbohydrate meals. Then advance your diet as tolerated.
- You will begin walking after your surgery.
- Be out of bed for at least two hours.
- Complete your breathing exercises (10 deep breaths every hour).
- Take your prescriptions as instructed:
 1. Gabapentin 300 mg taken by mouth twice a day (every 12 hours) for 3-5 days.
 2. Tylenol 1000 mg taken by mouth every 6 hours as need for pain.
 3. **If you do NOT have Sulfa allergy:**
 - Celecoxib 200 mg every 12 hours x 1.5 days (3 doses scheduled) then 200 mg every 12 hours as needed.

4. If you HAVE a Sulfa Allergy and have prior approval by your surgeon:

Ibuprofen 600-800 mg every 6 hours x 1.5 days (6 doses scheduled) then 400 mg every 6 hours as needed for pain.

5. Oxycodone 5 mg taken by mouth every 4-6 hours as needed for pain.

Postop Day 1

Walk two laps around the house at least four times throughout the day.

Eat three meals of solid food.

Complete your breathing exercises ten deep breaths every hour.

Continue your pain management prescriptions and instructions.

Postop Day 2

Walk two laps around the house at least four times throughout the day.

Eat three meals of solid food.

Complete your breathing exercise (10 deep breaths every hour).

Continue your pain management prescriptions and instructions.

Postop Day 3

Walk two laps around the house at least four times throughout the day.

Eat three meals of solid food.

Complete your breathing exercises ten deep breaths every hour.

Continue your pain management prescriptions as instructed.