



## BWH ERAmbS Patient Education: Enhancing Your Recovery After Metabolic and Bariatric Surgery

This guide provides an introduction into the **ERAS** (Enhanced Recovery After Surgery) program which is now the standard practice for all gastrointestinal surgery patients at Brigham and Women's Hospital. This program is different from the traditional approach to surgery and has been shown to improve patient recovery after surgery along with reducing complications, reducing the number of days you stay in the hospital and reducing readmissions to the hospital after surgery. We want **you** to also be an active participant in the recovery process. The overall goal is for you to have a better surgical experience and get back to normal as soon as possible.

### **For questions:**

**Dietitians:** (617) 732-8884

**Physician Assistants:** (617) 732-8882

**Your surgeon's administrative assistant:**

### Planning for Surgery: Your pathway to recovery begins *before* surgery!

#### Before Surgery:

You will either have an in-person or over the phone visit at the Weiner Center for Preoperative Evaluation several days or weeks prior to your scheduled procedure. The appointment will include a review of your health history, current medications, and sometimes a physical exam or other studies that need to be completed prior to surgery (i.e., labs, EKG, chest x-ray). Please be sure to bring an updated medication list with you to this appointment. A nurse will review which medications you should take on the day of your surgery.

- **2 weeks before** surgery you will start your pre-op “liver-shrinking” diet
- **Day before** surgery confirm the time of your surgery by calling (617) 732-7625 between 2 and 6pm Monday-Friday

#### Preparing for Surgery:

There are several things you can do to help better your body for surgery. Some examples are:

- **Activity and exercise** – Even light exercise can help improve the body's response to stress, which can aid in recovery
- **Nutrition** – Follow the pre-op (“liver shrinking”) diet as instructed by the dietitians
- **Smoking** – It is advised that you stop smoking completely at least 3 weeks before your surgery. This will greatly reduce the risk of lung complications
- **Alcohol** – Please refrain from alcohol intake for at least 2 weeks (or as instructed by your team) prior to surgery
- **Planning** – it is expected that you will be able to eat, walk, and care for yourself once you return home from surgery. Plan and make sure you have enough fluids and protein shakes at home before coming to the hospital. You may need some help from family or friends for the bigger tasks like shopping, laundry, and cleaning for a few weeks after surgery.



### On the Day of Your Surgery:

- Please **only** take the medications instructed by the pre-operative nurse with a sip of water in the morning of your surgery
- It is OK to drink “clear liquids” such as water, decaf coffee/ tea (no milk, almond milk, cream, or sugar) on the day of surgery
- **3 hours before** surgery start to drink your ClearFast and finish drinking your ClearFast\* **2 hours** before surgery
  - For example, if your surgery is scheduled for 7:00AM, start drinking the first bottle at 4:00AM and finish by 5:00AM
  - \*If ClearFast is unavailable, you may have a 12fl oz bottle of regular Gatorade

	<b>Example Case:</b> Surgery at 7:00 AM	<b>Your Surgery:</b> Please fill in with your information.
Start drinking 3 hours before Surgery	Surgery time – 3 hours: 7:00 AM – 3 hours = <b>4:00 AM</b>	Surgery time – 3 hours: ____:____ AM or PM – 3:00 =
Finish drinking 2 hours before surgery	Surgery time – 2 hours: 7:00 AM – 2 hours = <b>5:00 AM</b>	Surgery time – 2 hours: ____:____ AM or PM – 2:00 =

### Arrival to the Hospital

#### Admission:

Please enter through the main hospital entrance at 75 Francis St. and proceed to the Shaft Admission Center on the 1<sup>st</sup> floor. Once you have checked in a liaison will bring you down to the pre-operative holding area.

#### Pre-operative Holding Area:

Here you will meet members of your surgical team and a nurse in the pre-operative area will help you get ready for surgery by taking your vitals and blood sugar.

#### Anesthesia Team

The anesthesia team will give you medications by mouth to prevent pain, nausea, and vomiting. They will insert an IV line to give you fluids, medications or blood needed during or after surgery. The anesthesia team will review options for pain management during and after surgery.

#### IV Lines:

Additional IV lines may be placed to help with the administration of medications needed for surgery. These medications include: antibiotics, pain and nausea medications

#### Surgical Team

Your surgeon will discuss your procedure and answer any questions or concerns.

You will be helped onto the operating room table by the team and made comfortable as you prepare for surgery.



## At the Hospital After Your Surgery:

### Post Anesthesia Recovery Unit and Floor Recovery

When your surgery is over you will be transported by the team to the post anesthesia recovery unit (PACU). You will likely feel quite sleepy and disoriented. This is normal and related to the anesthesia you received during your surgery. It will take some time for these medications to wear off. You will spend **at least 2 hours** in the recovery room being monitored after surgery. During this time, you can expect most of the following:

- Nurses will check your vital signs frequently – blood pressure, heart rate, breathing and temperature
- Anesthesia team checking your pain levels
- Being kept on oxygen – either through your nose or face mask
- Being attached to an IV for fluids or pain medications

Once you are settled in the PACU, 1-2 family members/ friends may be allowed to visit for a short time. When the team feels that you are stable, and your pain is controlled you will be transferred out of the recovery room to your assigned room on the floor.

### Floor Recovery – Day of Surgery

- You will receive fluids from your IV for a period of time after surgery. During that time, we encourage you to take sips of fluids and continue sipping when your IV has stopped.
- Start Stage 1 (sips of fluids)
- You can start moving as soon as you wake up from surgery with assistance.
- Mobilization is important as it helps to prevent blood clots and pneumonia.
- Walking can also be helpful to the return of bowel function.
- Good pain control is an important part of the recovery process.
- You should expect to encounter some pain after surgery as there is no way to completely eliminate pain, but there are a variety of ways to help manage your pain.
- Our goal is to keep your pain at a level that allows you to take deep breaths, cough and start moving out of bed early after surgery.

### Floor Recovery – Day After Surgery

- Continue with sips; starts Stage 2 (sips of protein shakes).
- It is more important to keep yourself hydrated with fluids, but you are encouraged to start taking sips of protein shakes. It is OK to bring a protein shake from home (as long as it meets the nutrition guidelines).
- Try to get out of bed and walk the hallway 4 times.
- Sitting up while sipping your diet is also helpful.
- Taking deep breaths will help to prevent lung infections. The nursing staff will show you some breathing exercises. It may be helpful to take a few deep breaths during each commercial break while you are watching TV.

**Note:** It is common to experience *some* nausea, but this will go away over time.