

## **Most frequently asked questions**

### **What is ERAS?**

*Enhanced Recovery After Surgery (ERAS) is a fast-track recovery process focused on minimizing the stress of surgery on your body, which may result in a shorter hospital stay than traditional methods. The goal is to get you back to normal as soon as possible.*

### **How is it different from traditional methods?**

*You will be able to drink clear liquids up to 2 hours before your scheduled procedure. You will be encouraged to begin eating and sitting up in the chair, as early as the day of your procedure. Your pain will be treated using a multimodal approach, which includes routine administration of non-narcotic medication in addition to your regular pain medication.*

### **What is the purpose of chewing gum or hard candy, at least 4 times a day?**

*It helps to stimulate you bowel functions and ability to restart your diet.*

### **How is Clearfast different from drinking other clear liquids?**

*It contains essential nutrients to help to eliminate the starvation state and decreases hunger, thirst, nausea, and the amount of fluids needed, during surgery.*

### **When should I drink Clearfast?**

*You should drink a bottle the night before surgery and the final bottle the morning of surgery. The drink should be completed 2 hours before your scheduled procedure.*

### **Why is it important for me to sit in the chair with all meals and walk in the hallway 3-4 times a day?**

*Getting up out of bed can help stimulate your bowels, improve soreness, as well as decrease the risk of complication related to immobility.*

### **Why is it important for me to do my breathing exercises hourly?**

*Use of your incentive spirometer will help to keep your lungs clear and, in some cases, help to relieve your soreness.*

***What is my role in this process prior to my procedure?***

*You can help prepare your body for surgery with proper nutrition and activity, by increasing your protein intake and exercising daily or as much as you are able to tolerate, unless instructed otherwise by your physician. Review the material about the program as provided by the hospital and contact the pre-surgery assessment department or your surgeon's office with any questions you may have.*

***What can I expect after my procedure?***

*We will do everything we can to make you as comfortable as possible, without over-sedating you. You will be encouraged to chew gum or eat hard candy, at least 4 pieces a day, to help stimulate your bowel function; to sit in the chair with all meals and walk in the hallway 4 times a day to decrease the risk for complications related to immobility, as well as use your incentive spirometer to help keep your lungs clear.*

***How can I help after my procedure?***

*Be a willing participant in your care. Ask questions about the care you are receiving. Please inform the staff of your pain before it becomes unbearable.*

***What can I do to assist my family and friends, when recommending this program to their physician?***

*Share your story. Share the educational material that was given to you, prior to surgery, so they are fully informed when suggesting the use of elements of the program.*