

A GUIDE TO ENHANCING YOUR RECOVERY AFTER SURGERY ERAP (IR)

This pamphlet is part of the Enhanced Recovery After Surgery (ERAS) program at MGH. ERAS and ERAP (Enhanced Recovery After Procedure) is a standard guideline for patients having a procedure in the Mass General Brigham System and affiliated hospitals.

The included information is designed to help you understand and prepare for your procedure. Please review and ask any questions of your proceduralist team prior to the procedure.

ERAP is designed to keep you actively involved in your recovery prior to and after your procedure, with the overall goal for you to have a better experience and get back to normal as soon as possible.

Each stage of this program is tailored to minimize your pain, avoid complications, allow for earlier resumption of food and activity, improve your recovery after procedure, and decrease the time in recovery and/or reduce the number of days you need to stay in the hospital.

Together, with your help, we can achieve these goals!

Your Proceduralist's Name:

Your Proceduralist's Phone #: **617-643-IRAD (4723)**

How You Can Help

WEEKS BEFORE PROCEDURE

- Continue or consider starting a daily **relaxation and stress management practice**, which is known to boost the body's immunity and aid in recovery. This may include exercise, meditation, yoga, and others.
- **Eat** a mixed healthy diet.
- It is strongly suggested that you **stop smoking completely** at least 3 weeks before your procedure. This will reduce the chances of lung complications during and after procedure and improve your recovery. If you would like more information on how to quit smoking, speak to your doctor, nurse, or pharmacist.
- **Plan ahead.** Arrange for someone to accompany you at the time of admission and at the time of discharge. Make prior preparations at home for your arrival after procedure. Make sure there is enough food and supplies. You should be able to walk and eat and care for yourself, but you may need some extra assistance initially from family or friends, especially to avoid strenuous tasks like laundry, cleaning, and grocery shopping immediately after your procedure.

7 DAYS BEFORE PROCEDURE

- **Stop** Vitamin E supplements.
- **Stop** all herbal supplements, especially krill, garlic, ginkgo, and fish oil
- **Stop NSAIDS**, unless your proceduralist has advised otherwise. This includes, but is not limited to, ibuprofen (Advil, Motrin), naproxen (Aleve, Anaprox, Naprosyn), and celecoxib (Celebrex).
- **Stop 325 mg of Aspirin**, unless your proceduralist has advised alternate dosing or as indicated by your cardiologist. You may continue with 81 mg of Aspirin daily and can take it the morning of procedure.
- **Inform your proceduralist** if you take Xarelto, Coumadin, Plavix, Eliquis, or any other anticoagulants.

3 DAYS BEFORE PROCEDURE

- **Stay hydrated.** In the 72 hours prior to procedure, make sure you hydrate frequently with water, Gatorade, Powerade, Pedialyte, ClearFast, or other clear liquids as you tolerate.

1 DAY BEFORE PROCEDURE

- **Avoid** consumption of alcohol at least 24 hours (ideally, a month) before procedure.
- Follow your proceduralist’s prescribed diet. If you do not have a prescribed diet, please eat and drink as you normally would.
- We recommend taking half of your usual NPH insulin (example: Novolin, Humilin) dose after checking with the physician who prescribes it, to follow their advice.
- Make sure that you are well-hydrated.
- OK to eat breakfast, lunch, and dinner.

At 10 pm

- **Keep drinking clear liquids throughout the evening to stay hydrated.**
 From now on, drink **CLEAR LIQUIDS ONLY**

CONTINUE	STOP
<ul style="list-style-type: none"> ➤ water ➤ juices (clear and without pulp) <u>examples:</u> apple juice, cranberry juice, grape juice ➤ Gatorade (no red) ➤ black tea (no milk/cream) ➤ black coffee (no milk/cream) 	<ul style="list-style-type: none"> ➤ all solid foods ➤ chewing gum ➤ candy ➤ yogurt ➤ cream ➤ dairy-based drinks / smoothies ➤ milk ➤ soy milk ➤ nut milk, such as almond milk ➤ orange juice

DAY OF PROCEDURE

- You may have clear liquids (see table on prior page) up to no less than 2 hours before your scheduled arrival time.
- Take any permitted medications with 1-2 sips of water.
- If you are using any of these, bring them to the hospital:
 - inhalers or eye drops
 - your CPAP machine, mask, hoses

No Less Than 2 Hours Before Your Scheduled Arrival Time

- **Stop drinking completely.**
Do not have anything to drink at all or your procedure will be cancelled.
 - **If you have diabetes** and your blood sugar is low or you start to feel symptoms of low blood sugar, drink a clear liquid with sugar, such as apple juice, grape juice or regular soda. If this does not help, drink, or eat any liquid or fluid that will raise your blood sugar.
 - **It is better to delay your procedure than to ignore a low blood sugar.**
 - If you are diabetic, please follow your recommended diet and do not consume the carbohydrate drink as it may increase your blood sugar.