

Preparing for Enhanced Recovery After Urologic Surgery



Enhanced Recovery (ERAS)

Enhanced recovery after surgery (ERAS) is an evidence-based recovery program developed to minimize the stress of surgery and help you recover as soon as possible.

The following are instructions on how to prepare for your surgery. At the store, you will need to pick up three 12-ounce bottles of **clear or yellow Gatorade®**, or if diabetic, **clear or yellow G2 Gatorade®**. Drink as instructed below. HibiClens® will be provided to you from the office. Follow the full liquid diet the day before as instructed.

If you have any questions or concerns, please call our office at 217.528.7541. If you have questions after normal office hours, TeleNurse is available 24 hours a day, 7 days a week at no charge to you.

Preparing for your surgery



Prior to surgery

- Use HibiClens® as instructed. Showering with HibiClens® helps decrease the risk of infection.
- Gatorade® minimizes surgical stress on the body during surgery and reduces post-operative nausea and vomiting. *If diabetic: Drink G2 Gatorade® that is lower in sugar.
 - Drink one to two 12-ounce Gatorades® (CLEAR OR YELLOW ONLY) the night before surgery.
 - Drink one 12-ounce Gatorade® (CLEAR OR YELLOW ONLY) two hours prior to surgery.

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**Springfield**
clinic

A COMMUNITY OF CARING

Enhanced recovery



Evening of surgery

- Your nurse will help you get out of bed and to a chair within two hours of surgery.
- Three to four hours after surgery, your nurse will get you up and walk with you.
- You will begin to resume a regular diet as tolerated. We recommend starting with small bland meals until you have a bowel movement.
- Your IV fluids will be stopped, and you will begin drinking liquids.
- It is our top priority that you are as comfortable as possible. You will have scheduled oral pain medications provided to you to control your discomfort.
- You will have a lidocaine patch around the scope incisions to help with discomfort.
- Your nurse will help you get out of bed and to a chair within two hours of surgery.
- Three to four hours after surgery, your nurse will get you up and walk with you.
- You will begin to resume a regular diet as tolerated. We recommend starting with small bland meals until you have a bowel movement.
- Your IV fluids will be stopped, and you will begin drinking liquids.
- It is our top priority that you are as comfortable as possible. You will have scheduled oral pain medications provided to you to control your discomfort.
- You will have a lidocaine patch around the scope incisions to help with discomfort.
- It is normal to have some nausea as you recover from anesthesia. You will have medications available to help with nausea if you need them.
- Many patients feel well enough to go home the same day as the surgery. If you go home, we encourage eating a small amount of bland foods, drinking plenty of fluids and walking for 10 minutes in the house every one to two hours while you are awake.
- Rest when you feel tired, but be sure to get up and move during your normal awake hours.
- When you go home on the same day as surgery, a responsible adult must be available after surgery to receive instructions about your care, drive you home and stay with you overnight.



Morning after surgery

- You will be able to return home the morning following your surgery, if not the day of surgery.
- A responsible adult must be available on the morning after surgery to receive instructions about your care and to drive you home.
- **Goal:** Discharged home by noon, if not discharged on the day of surgery.



At home

- You may be sore and will need to take Tylenol® or ibuprofen/Advil® as instructed on the bottles. You can alternate these medications to keep you comfortable, but be aware of the daily limit on the labels.
- You should have someone to help you at home as you recover.
- You will have a one-week post-op visit scheduled prior to leaving the hospital. Call the office if one is not provided to you at discharge.
- It is normal to have some bleeding in & around the catheter. If the catheter stops draining, call the office or TeleNurse to discuss right away at 217.528.7541.
- Avoid constipation by drinking plenty of fluids, taking stool softeners per over the counter labels and walking frequently.
- Continue Kegel exercises. Although, while you have the catheter in, you may not feel like doing as many.