



PREPARING FOR YOUR PROCEDURE OR SURGERY

*Early planning is the key for a successful surgery
and to meet your needs at home. We urge you to start
planning today by following the information in this booklet*



Confluence Health Hospital
Central Campus

Confluence Health Hospital
Mares Campus

TABLE OF CONTENTS

3	Welcome
4	Important Day of Surgery/Procedure Information
5	Surgery Timeline and Checklist
8	Preparing for Surgery
8	Days and Weeks Prior to Surgery
8	Additional Appointments and Testing
9	Medication Considerations
10	Day Before Surgery
12	Day of Surgery
12	Dietary Restrictions
18	Maps/Directions
22	At Home
23	Resources
23	PAT
25	ERAS
27	Dietary Recommendations

Welcome

to Confluence Health Surgical Services

Thank you for choosing Confluence Health for your surgical care. This guide is designed to support you throughout your surgical journey. Inside, you'll find helpful information, space to write down questions, and a place to keep important instructions—all in one convenient resource.

Our mission is to partner with you to achieve the best possible outcomes. We are committed to earning your trust through **collaborative care, shared decision-making, and mutual goals**.

Your care team includes everyone working behind the scenes and at your side—Environmental Services, Food Services, Laboratory, Admission Staff, Nurses, Physicians, and many others—each dedicated to ensuring your experience is positive, informed, and safe.

Most importantly, **YOU are an essential member of this team**. Your voice, your questions, and your participation matter. Together, we will work toward a successful surgery and recovery.

At Confluence Health, we believe in **local care by and for our community**. Our team lives and works here, and we are honored to serve our neighbors with compassion, excellence, and respect.

IMPORTANT *Day of* SURGERY/ PROCEDURE INFORMATION:

Patient Name: _____

Date of Procedure: _____

Surgeon: _____

Surgeon Office Phone Number: _____

Staff to call with questions: _____

Surgery/Procedure Location:

☐ **Confluence Health Hospital - Central Campus**

1201 S Miller St, Wenatchee, WA 98801

(Hospital, Surgery & Procedures Entrance)

☐ **Confluence Health Hospital - Mares Campus**

820 N Chelan Ave, Wenatchee, WA 98801

(Hospital/Surgery Entrance, 2nd Floor, take elevator by
Bistro)

Check In Time: _____

Time of Last Food: _____

Time of Last Liquids: _____

Time of Last Medications: _____

Medications to Hold: _____

Special Instructions: _____

Questions to ask the surgeon/anesthesiologist: _____

SURGERY OR PROCEDURE

Timeline and Checklist

This timeline and checklist goes over what to expect before and right after your surgery. Each item is explained in detail in the pages that follow.

1 week before your surgery

- ☐ Review this guide and any handouts you received.
- ☐ Follow your health care provider's instructions about what medicines to stop taking before your surgery (see the Medication Considerations section in this guide).
- ☐ Do not shave any area near the surgical site for 2 days (48 hours) before your surgery.
- ☐ You will receive a call the day prior to surgery to tell you when to check in on the day of surgery.
- ☐ *If you take glucagon-like peptide 1 agonist (GLP-1) medications such as dulaglutide (Trulicity®), semaglutide (Ozempic®, Rybelsus®), tirzepatide (Mounjaro®, Zepbound®) or others for diabetes or weight, please talk with your care team as soon as possible because you will need different eating and drinking instructions.*

1 day before your surgery

Unless you were given other eating and drinking instructions:

- Do not eat any food or drink any alcohol after 12 pm Midnight, the night before surgery.
 - You may drink clear liquids until 2 hours before your scheduled arrival time (see the Dietary Restrictions section in this guide).
 - *If you are taking a GLP1, please follow the special dietary restrictions you have been given*
- ☐ Arrange for a responsible adult to drive you home from the hospital and for someone to stay with you for the first 24 hours after surgery.
 - ☐ If you have been asked to shower with special soap, please follow those instructions.
 - ☐ If you have any questions about your medicines or have not received a call to tell you when to check in for your surgery, please call the Pre-Anesthesia Clinic at **(509) 433 –3880**.

Day of Surgery

- Continue to follow your pre-surgery eating and drinking instructions.
- If you need to take medicine on the morning of your surgery, take it with a small sip of water only.
- Take your second pre-surgical shower, if this was part of your provider instructions.
- Do not apply any lotions, cosmetics, scents, or denture adhesives.
- Remove all jewelry and body piercings.
- Wear clean, loose, and comfortable clothing.
- Bring your photo ID and your insurance card.
- Bring a method of payment for any co-pays for medicines needed after surgery. Cash, check, or credit cards are accepted at both surgery centers.
- Bring a copy of your healthcare directive and/or durable power of attorney for healthcare (if you have them) so they can be placed in your medical record.
- Bring your updated list of current medications and supplements, including dosages and date/time last taken.
- If you wear glasses, contact lenses, hearing aids, or dentures, please bring a case to store them in while you are in surgery.
- If you anticipate an overnight stay, please bring any inhalers or eye drops that you may need to use during your stay.
- If you use a CPAP machine at night to help you breathe, bring it with you.
- Children age 17 and under must be accompanied by a responsible adult at all times. Do not bring unattended children with you.

■ Check in for surgery at either:

Confluence Health Hospital – Central Campus

1201 S. Miller Street, Wenatchee

or Confluence Health Hospital – Mares Campus

820 N. Chelan Avenue, Wenatchee

Tobacco-Free, Smoke-Free Policy

- All Confluence Health hospital campuses and clinics are tobacco-free, smoke-free facilities.
- Cigarettes, electronic cigarettes, smokeless tobacco, pipes, cigars, medical marijuana, and any illicit, illegal, or noxious substances that can be consumed by smoking or inhalation are prohibited.
- Thank you for your cooperation in providing a healthy environment for our patients, visitors, and staff.

After Surgery

- A responsible adult must drive you home from the hospital and someone must stay with you for the first 24 hours.
- If you are staying overnight in the hospital, a family member or friend may stay with you.
- To prevent and manage common problems after surgery, read the Preparing for Surgery and At Home sections in this guide.

Days/Weeks Before Your Surgery

Call your insurance company right away to tell them that you are having surgery. Our staff will also be happy to assist you with this.

Plan for a ride home:

- You must have a responsible adult drive you home due to the medications given during your procedure or surgery.
- If your transportation plans include a taxi or public transportation (bus), you must have a responsible adult to accompany you.
- Someone should stay with you or check on you regularly for at least 24 hours after going home.

Complete Pre-surgery consultations and/or diagnostic studies such as labs, Xrays, or EKGs that your clinical team has requested.

Pre Anesthesia Testing (PAT) Clinic: Your surgeon may recommend that you work with the PAT Clinic to complete necessary testing and help you improve your overall health before you have surgery. Specific information about the PAT clinic can be found in the resource pages.

- Compile an accurate, up-to-date list of **all medications** (prescription, over the counter, vitamins, and supplements) you are currently taking. You will need to review this with different clinical team members in the lead up to your surgery.
- **Talk to your surgeon about any prescribed or over the counter medications you take to thin your blood, reduce inflammation, or to assist with weight loss, and/or diabetes management.**
- Follow your physician's instructions in regard to **anti-inflammatory** medications such as: Aspirin, Celecoxib, Diclofenac Sodium, Ibuprofen, Indomethacin, Meloxicam, Nabumetone, Naproxen, Piroxicam.
- If taking any **blood thinners**; follow your physician's instructions on whether to continue to take or to hold this medicine.
- Discontinue **herbal supplements** as soon as you know you are having surgery; ideally, 7 days prior to your surgery.
- If you take glucagon-like peptide 1 agonist (**GLP-1**) medications such as dulaglutide (Trulicity®), semaglutide (Ozempic®, Rybelsus®), tirzepatide (Mounjaro®, Zepbound®) or others for diabetes or weight, please talk with your care team as soon as possible because you will need different eating and drinking instruction.

Please call the PAT Clinic at 509-433-3880 if you have not received instructions from your surgeon or primary care physician about your blood thinners, anti-inflammatory, diabetic, or weight loss medications, or if you have any questions about the instructions you have received.

Day Before Surgery

- If your surgeon has asked you to complete a **bowel preparation** prior to your surgery, please follow the instructions you have been given in regard to eating, drinking, and medications in the days leading up to your surgery.
- If you have been asked to shower with special soap, please follow those instructions. Typically, the night before surgery, **and** the morning before)
- **DO NOT shave the skin over or around your surgery site.** The hospital has special clippers to remove hair before surgery if needed.
- If you become ill, or have any cuts, scrapes, scratches, or rashes on or near your surgery site, please call your physician or surgeon as soon as possible.
- **A nurse will call you between 12:00 p.m. and 6:00 p.m.** the day before your procedure or surgery to confirm your appointment time, where to check-in, when to stop eating and drinking, and answer any questions you may have. If you haven't received an arrival call by 6pm the day before surgery, please call **509.433.3362** for Central Campus, or **509.436.4035** for Mares Campus.

- Gather necessary items and documents to take to hospital with you:
 - Health Insurance/Prescription Cards/Co-pay
 - Copy of current Advance Medical Directive, Living Will, or Durable Power of Attorney, if you have them.
 - Write down the name and contact information for your driver and/or someone we may call while you are in the hospital to help with any unexpected needs.
 - Your current/updated list of medications, including doses and date/time of when each medication was taken last.
 - Case and solution for contact lenses or glasses.
 - Hearing aids (Bring case with you)
 - Eye drops or inhalers you may need while in hospital (leave all other medications at home.)
 - CPAP machine
 - Toys, books, or comfort items for young patients.
 - If you anticipate spending the night in the hospital, you may bring a robe, slippers with non-slip soles or comfortable walking shoes, and personal items.
 - Chargers for electronic devices.

Please call the PAT Clinic at 509-433-3880 if you have not received instructions from your surgeon or primary care physician about your blood thinners, anti-inflammatory, diabetic, or weight loss medications, or if you have any questions about the instructions you have received.

Day of Surgery

Between Midnight and Your Check-In Time:

- **Dietary Restrictions:**
 - Please **DO NOT** eat any solid foods or milk products after midnight on the day of surgery.
 - For your safety, you must follow these **fasting guidelines**. Your stomach must be empty for your surgery. **If you eat or drink before your procedure, your procedure may be delayed or rescheduled.**
 - If you are on a **bowel preparation**, continue to follow those instructions.
 - If you take glucagon-like peptide 1 agonist (**GLP-1**) medications such as dulaglutide (Trulicity®), semaglutide (Ozempic®, Rybelsus®), tirzepatide (Mounjaro®, Zepbound®) or others for diabetes or weight, please talk with your care team as soon as possible because you will need different eating and drinking instruction.

• Fasting Guidelines for Surgery and Procedure Patients:

Under 3 years of age:

3 years of age to Adult:

<u>May Have</u>	<u>Time Prior to Check-In</u>
Clear Liquids	2 hrs
Breast Milk	4 hrs
Infant Formula	6 hrs
Regular Milk	6 hrs
Crackers/ Dry Toast	6 hrs

<u>May Have</u>	<u>Time Prior to Check-In</u>
Clear Liquids	2 hrs

- Clear liquids include water, 7-up, apple juice, Gatorade®, tea, or black coffee (sugar is OK, but NO creamer or milk products)
- No gum, mints, hard candy, or chewing tobacco/oral nicotine packets.

- Special populations:

- **Diabetic Patients:** Your insulin or other blood sugar medication dosages may be adjusted before your procedure or surgery because you will not be eating your usual diet. Please follow the instructions given to you by your doctor, or the PAT staff closely. Your blood sugar level will be checked and monitored when you arrive.
- **Laboring women** may have water or Gatorade® every 4 hours; follow adult guidelines if a C-section is likely.
- **GLP-1:** If you are taking a GLP1, please follow the special dietary restrictions you have been given.

Before You Leave Home:

- If you have been given a pre-surgical beverage by the PAT clinic, please consume within one hour of your check in time.
- Wear loose, comfortable clothes and slip-on, or easy to get on, shoes.
- Avoid applying cosmetics, lotions, or fragrances.
- If you wear dentures, do not apply dental adhesives.
- Make sure you have all the necessary items and documents (gathered from list the day before).
- **Leave all jewelry, valuables, weapons, and firearms at home.**

Questions?

- If you have questions or concerns about pre-admit instructions, please call:
 - Confluence Health Hospital **Central Campus** Pre Admit 509.433.3083 or 509.433.3084
 - Confluence Health Hospital **Mares Campus** Pre Admit 509.436.4035

Once You Arrive at the Facility

- Check-in at the reception desk
- A registration clerk will take copies of your insurance card and place an identification band on your arm. From this point on, many people will ask you to verify your name, date of birth, and what surgery you are having. (This is for your safety!)
- You will be asked to remove all clothing and change into a hospital gown.
- Nursing staff will review your health history, allergies, and medications with you, perform a brief physical exam, start an IV, and prepare you for your procedure or surgery.
- Your surgical site may be cleaned and hair clipped by staff.
- The physician will review your procedure or surgery with you and mark the surgical site if indicated.
- The anesthesiologist will also review your health history and discuss anesthetic options and medications with you.
- Medications may be ordered to treat anxiety and help prevent infection or excessive pain and nausea.
- One or two family members may sit with you while you are waiting for surgery.
- **Children must be accompanied by a parent or legal guardian.** Parents or legal guardians of children under age 18 **MUST** remain in the surgery and procedures area until the child is discharged home.

After Your Surgery or Procedure

Your physician will talk to family/friends (if present) in the waiting room. Please ask them to be available in person or by telephone.

• Visitors

- Once you are in your recovery room, you will be allowed to have up to two visitors with you.
- Children should not be left unattended in your room while you are still recovering.
- Adult visitors (family or other responsible adults) can be helpful in keeping your anxiety levels down, and to help remember important information shared with you while you still have anesthetic medications in your system.

• Monitoring

- A nurse will check your breathing, heart rate, and blood pressure often. Your nurse will help you with any nausea or pain you may feel. It is important for you to be comfortable.

• Pain Control

- Good pain control won't take away 100% of your pain, but it will control your pain enough so you can cough, take deep breaths, and get out of bed.
- Tell your nurse if you feel pain, or have an upset stomach.
- Pain pills or shots are given as needed.
- On rare occasions, you may have a PCA (Patient Controlled Analgesia) IV Pump for pain medication. ***It is important that only you, the patient, control the medication, not your family.*** This will prevent you from getting more medication than you need.
- Your nurses will help with other ways to make you feel comfortable (positioning or ice).
- Pain is personal. The amount of pain you feel may not be the same as others feel. You can help the doctors and nurses "measure" your pain by using a 0-10 Pain Rating Scale. Imagine zero is no pain, and 10 is the worst pain you can think of; or use a description of the pain you are having such as "slight, moderate, or severe." Children or older people may find the Faces Pain Scale helpful.

• Activity

- After your surgery, it is important to begin normal activities as soon as possible to improve your recovery.
- Coughing, deep breathing, and moving your legs are activities you can do while in bed.
- You may notice that moving around can be uncomfortable. It is normal to have some discomfort at rest and with activity. You and your nurse will work out a pain control plan.
- The nursing staff will assist you with walking.

• Treatments & Medications

- Vital signs and your surgical site(s) will be checked throughout your stay.
- Your nurse will teach you about wound care, including when it is OK to bathe or shower.
- Diet as recommended by your physician, but most patients will be offered a small, light snack (crackers, Jello, applesauce, etc.) and beverages as soon as they are awake enough to safely swallow.
- IV (intravenous catheter) will be removed when you are able to eat and drink.
- You may have a urinary catheter to help you urinate. This may be removed before you go home. The nurses will check to see if you can urinate without the catheter. You may need to go home with the urinary catheter in place until you are able to urinate on your own.
- Any medications you need for your discharge will be sent electronically to the pharmacy of your choice.
- Ask your physician or nurse about when to resume taking your usual medications, hormones, and/or supplements.

You Are Ready to Leave the Hospital When:

- You are able to drink some fluids to the level approved by your physician.
- Pain medications keep your pain at a manageable level.
- You are able to walk.
- You have met the required monitoring timeline for your procedure.
- Discharge Instructions have been reviewed with you and another responsible adult.

Your first 24 Hours after Surgery:

Starting at the time of discharge and until a minimum of 24 hours after, you must have a responsible adult to help you with daily activities. This adult should be able to help take care of you at home or in your place of recovery. ***This is for your safety;*** in case you have any problems and need extra care after your surgery. **If you choose not to follow this requirement, Confluence Health cannot be held responsible.**

- You can expect to have some pain and maybe some nausea after surgery.
- You may also be sleepy for the rest of the day.
- For 24 hours after having anesthesia, do not:
 - Drive.
 - Drink alcohol.
 - Travel alone.
 - Use machinery.
 - Sign any legal papers or make large purchases.
 - Take care of another person, such as a child

Hospital Care for Overnight Patients

- Fewer and fewer people are admitted to hospitals following surgery today. Modern medicine makes it possible for people to return home faster than ever before.
- If you are staying in the hospital, it is because your surgical recovery requires special needs that cannot be met at home.
- Your hospital staff will work hard to get you home. Nursing staff, Physical and Occupational Therapy, and Social Services are available to discuss any discharge and home care needs that you might have.

If you need more help after surgery than your family/friends can provide, contact:

- Confluence Health Hospital - **Central Campus**
 - Care Management Department | [509.433.3121](tel:509.433.3121)
- Confluence Health Hospital - **Mares Campus**
 - Social Services Department | [509.607.9049](tel:509.607.9049)

Tobacco-Free, Smoke-Free Policy

- All Confluence Health hospital campuses and clinics are tobacco-free, smoke-free facilities.
- Cigarettes, electronic cigarettes, smokeless tobacco, pipes, cigars, medical marijuana, and any illicit, illegal, or noxious substances that can be consumed by smoking or inhalation are prohibited.
- Thank you for your cooperation in providing a healthy environment for our patients, visitors, and staff.

Central Campus



DIRECTIONS TO CONFLUENCE HEALTH HOSPITAL

Central Campus

From the South:

- Cross the George P. Sellar Bridge.
- Turn left on Mission Street at the traffic signal.
- Go approximately 3 blocks.
- Turn right on Crawford Street.
- Go approximately 10 blocks.
- Turn right on Fuller Street.
- Upon entering the parking lot, follow driveway around the building, to the left, to the designated parking area for patients entering Surgery & Procedures Entrance.
- Enter the “green wall” entrance and report to the Admitting Desk.

From the North:

- Travel south on Wenatchee Ave. Until the two right-hand lanes angle right at Miller Street.
- Angle right on Miller Street, approximately 2.2 miles, past Wenatchee High School and go straight through the round-about.
- Turn left into the parking lot at Confluence Health Hospital – Central Campus.
- There is designated parking for patients entering Surgery & Procedures Entrance.
- Enter the “green wall” entrance and report to the Admitting Desk.

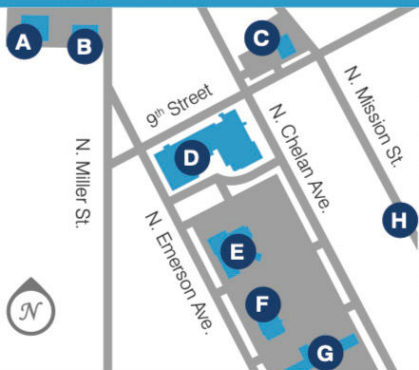
DIRECTIONS TO PRE-ANESTHESIA TESTING CLINIC AT CONFLUENCE HEALTH HOSPITAL

Central Campus

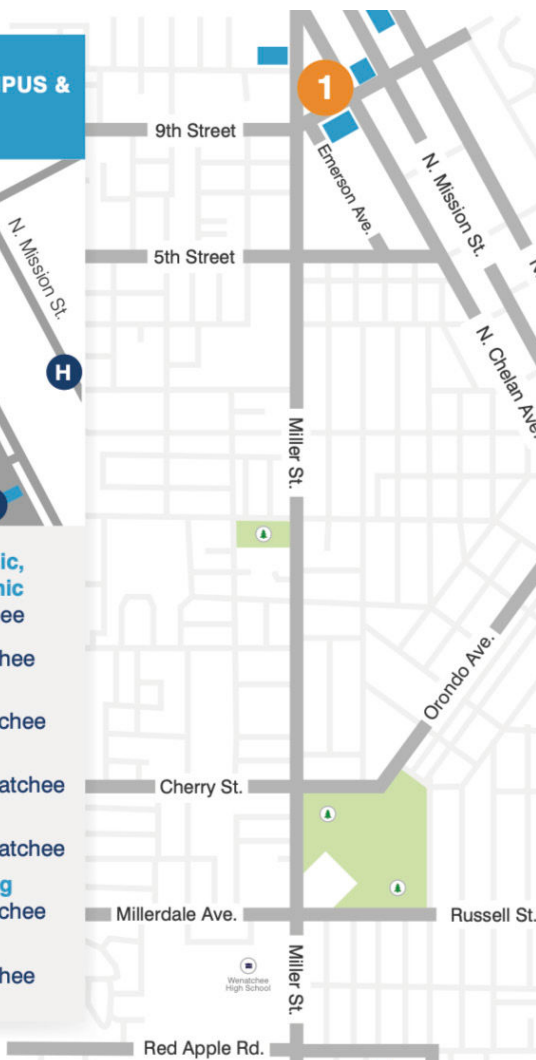
- The Pre Anesthesia Testing (PAT) Clinic is located inside the Main Entrance (blue-gray in color) of Confluence Health Central Campus, behind the coffee stand and chapel.
- Proceed past the volunteer desk and turn right down the hallway across from the patient elevators.
- Follow signage past the first work center desk, through the double doors to the PAT registration desk.

Mares Campus

1 CONFLUENCE HEALTH
HOSPITAL | MARES CAMPUS &
OTHER
820 N. Chelan Ave.



- A** Miller Street Therapy Clinic,
Sleep Center & Spine Clinic
1000 N. Miller St., Wenatchee
- B**
- C** 900 N. Mission St., Wenatchee
- D** Mares Campus
820 N. Chelan Ave., Wenatchee
- E** Smith Building
803 N. Emerson Ave., Wenatchee
- F** Haug Building
707 N. Emerson Ave., Wenatchee
- G** Behavioral Health Building
630 N. Chelan Ave., Wenatchee
- H** Occupational Medicine
317 N. Mission St., Wenatchee



DIRECTIONS TO CONFLUENCE HEALTH HOSPITAL

Mares Campus

From the South:

- Cross the George P. Sellar Bridge
- Turn right on Mission Street.
- Travel north on Mission Street, approximately 2 miles, to Ninth Street.
- Turn left on Ninth Street.
- Turn left on Chelan Avenue and move into the right lane.
- Turn right into Confluence Health Hospital – Mares Campus parking lot, just past intersection of Ninth and Chelan Avenues.
- Use the Confluence Health Hospital – Mares Campus entrance.
- Take the elevator to the 2nd floor and the reception area.

From the North:

- Travel South on Wenatchee Avenue until the two right-hand lanes angle right at Miller Street.
- Angle right on Miller Street and get into the left lane.
- At the second light, stay in the middle lane and turn left on Chelan Avenue.
- Get in the right lane.
- After you cross Ninth Street, turn right into the Confluence Health Hospital – Mares Campus.
- Take the elevator to the 2nd floor and the reception area.

At Home

Diet

- Continue with clear fluids such as water, 7-Up®, apple juice, Gatorade®, and tea. Progress your diet gradually to light foods and slowly return to your normal diet.
- Drink 8 glasses of fluid a day.

Activity

- Move around more each day.
- Do not drive if you are taking prescription pain medicine.
- Follow your physician's instructions on when it is OK to resume strenuous activity and driving.

Pain Management

- You may notice that moving around can be uncomfortable. It is normal to have some discomfort at rest and with activity. You and your clinical team will work out a pain control plan.
- Add prescription pain pills, as directed by your doctor, when ibuprofen or acetaminophen is not enough to control the pain.
- Continue to ice and elevate to help with comfort, if appropriate.

Upset Stomach/Constipation

- Prescription pain pills may cause constipation, nausea, and/or vomiting. If this occurs, consider taking over-the-counter pain medication pills and limiting the use of prescription medications.
- You may use an over-the-counter laxative, or a stool softener, unless told otherwise by your physician.
- Eat high fiber foods, like bran and fruits/vegetables. If nausea/vomiting continues, please contact your physician.

Wound Care

- Leave tape/tape strips on until they fall off. If tape strips are still there after two weeks, you can remove them.
- Please follow your surgeon's instructions regarding showering or bathing.

Call Your Doctor If You Have:

- Nausea, vomiting, or pain that won't go away
- Chills and/or a fever over 101°
- Wound is red, swollen, draining, open, or more painful
- Itching, or break out in rash or hives
- Inability to urinate
- **Chest pain or shortness of breath – PLEASE CALL 911**

Pre Anesthesia Testing (PAT) Clinic at Confluence Health

Your surgeon may recommend that you work with the Pre Anesthesia Testing Clinic to complete necessary testing and help you improve your overall health before you have surgery.

Improving your health before surgery can reduce your risk for surgical complications and help you recover faster after surgery. Conditions like uncontrolled diabetes, high blood pressure, tobacco use, impaired skin integrity, poor dentition, and being overweight or underweight can have negative effects on surgical outcomes.

What are the benefits?

The benefits of working with the Pre Anesthesia Testing (PAT) Clinic before surgery include:

- Decreasing the risk for infection
- Decreasing the amount of time spent in the hospital
- Improving activity level and overall fitness
- Reducing recovery time and improving outcomes
- Decreasing pain after surgery

How does it work?

One of the clinic's registered nurses or medical providers will consult with you, conduct a thorough assessment of your health, and provide you with important pre-surgery education.

Your nurse may talk with you over the phone. If you have a complex medical condition, a medical provider will meet with you in person at the PAT Clinic.

What should you bring to the Pre-Anesthesia Clinic?

- A list of all the medicines and supplements you take and the doses of each one.
- The results of tests you have had at any other hospital or clinic, especially heart or lung diagnostic testing such as an electrocardiogram (EKG), stress test, echocardiogram, or pulmonary function tests. We will include copies of these records in your surgical information packet. If you need help getting test results from your doctor or clinic, please ask us and we can help you.

What are the different anesthesia options?

At your pre-anesthesia visit, your providers may talk with you about having 1 or more of these types of anesthesia:

- General anesthesia: You are unconscious (asleep) and have no awareness of the surgery.
- Regional anesthesia: A numbing medicine is injected into a cluster of nerves, so you do not have feeling in a large area of your body. You may also be given medicine to relax you or help you sleep.
- Monitored anesthesia care (MAC): MAC drugs are given through a vein in your arm (intravenously). You may receive sedation (medicine to make you relax), but you may be awake during your procedure. You may also be given a local anesthetic, which numbs the area where the procedure will be done. With MAC, you may be drowsy, very sleepy, or fall into a deep sleep.

During your pre-anesthesia visit, please tell your provider if you would like to talk with an anesthesiologist about any special concerns,

After your PAT visit

Your nurse will talk with your surgeon about any medical condition that may significantly increase your risk for surgery. Your surgeon can use this information to decide the best course for your care. Your surgeon may recommend improving your health before surgery. This could include a new treatment or seeing another doctor for additional therapies or testing.

Your PAT clinic nurse, surgeon, anesthesiologist, and primary care doctor maintain constant contact with each other so that you receive coordinated care from start to finish.

Enhanced Recovery After Surgery (ERAS) Pathways:

ERAS is a team approach, and you, the patient, are a big part of the team! That means there are things on the pathway your healthcare team will do and also things you will do.

The pathway starts before you come in for surgery. It continues while you are in the hospital and after you go home. Your healthcare team will guide you along the way.

Enhanced Recovery After Surgery is based on research and has been shown to:

- Lower the chance of problems after surgery
- Lower the need for opioids (narcotics) to manage pain
- Shorten recovery time
- Allow patients to go home faster

Before Surgery:

Before your procedure, you will meet with your surgeon. Patients on an ERAS pathway may also be asked to visit our Pre-Anesthesia Testing (PAT) Clinic to see the anesthesia team before your procedure. Your surgeon or anesthesia team may ask that you have additional testing done before your surgery. This is to make sure that you are safe for surgery. These tests may include blood work and an EKG (Electrocardiogram), a common test done to monitor your heart and used to detect heart problems. You may also be asked to schedule other tests (such as medical or cardiac clearance). It is important that you complete all testing and appointments before surgery.

Your surgeon and clinical team will recommend the following:

- 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/or other strategies.
- Limit smoking. We encourage you to quit completely. If you feel this will be hard for you, please ask your primary care doctor, surgeon, or anesthesia team member for advice on ways to help you quit.
- Increase your strength and improve your recovery by walking at least 30 minutes a day before your procedure. You will be expected to walk after your procedure also. Exercise before surgery will help you recover after your surgery.
- At least a week before surgery, eat healthy foods to fuel your body with the nutrients that it will need during surgery. Your body burns a lot of energy during surgery. Healthy eating in the weeks and days before your surgery will help your body prepare for the best recovery.
- 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 surgery. 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 surgery.

*****If you are taking a GLP1 medication for your blood sugar or weight loss management, you will be given special dietary instructions by the PAT clinic team for the timeframe leading up to your procedure.***

Day Before Surgery:

Do not eat anything after midnight the night before your hospital visit. You will be able to continue to drink some clear liquids after midnight as described below.

Day of Surgery:

****Important: Stop drinking all clear liquids, including Gatorade®, TWO HOURS BEFORE your arrival.***

- Take any medicines your doctors or nurses tell you to take on the day of surgery. Do not eat anything after midnight before your surgery. After midnight, drink clear liquids only. Gatorade® can be used to fill your body with fluids, sugar and electrolytes to use during surgery. You may also drink water, clear juice without pulp (such as apple, cranberry or grape juice), tea, or coffee.
- If you are diabetic, please focus on drinking sugar-free clear liquids unless your sugar is low.
- Do NOT drink anything with milk or milk products, including cream for your coffee.
- If you have been given a pre-surgical carb drink at your PAT clinic visit, please follow the instructions given to you with the drink.
- You will get a series of oral pain medicines before your procedure, which may include acetaminophen. If you have allergies to these medications, or have been told you should not take them for some reason, let the clinical staff know so they aren't given to you.
- You will meet with members of the anesthesia team, where they will ask you a series of questions. Let them know if you had a problem with anesthesia in the past, if you often get motion sickness, or had nausea and vomiting after surgery. You will get medicine to lower the risk of nausea and vomiting before, during, and after the procedure.

During surgery:

You will be given a general anesthetic, a regional anesthetic (like a spinal, nerve block, paravertebral, or epidural), a combination, or MAC (monitored anesthesia care) depending on your procedure. The benefits and risks of each will be discussed with you. These procedures are safe, and the regional anesthetic pain reliever will lower the amount of medicines you will need after surgery.

After Surgery:

- Pain medicine and anti-vomiting medicine will be given to you as needed, either by mouth or through your IV. We expect that you will be at least taking sips of water either as you are exiting the recovery room or as you arrive on the nursing unit.
- If you are staying in the hospital after your surgery, you will be expected to get out of bed and into a chair and also walk under the guidance of the nursing staff, likely starting on the day of your procedure. Your surgical team will discuss this in detail.
- You will continue to receive pain medicine and anti-vomiting medicine as needed throughout the rest of your stay. Your diet will be advanced starting the day of your procedure or the day after the procedure and throughout your hospital stay.

At Discharge from the Hospital:

- Before going home, we would like you to be tolerating small amounts of food and fluids orally without vomiting, be up and walking, and have your pain controlled well enough with medicines taken by mouth.
- Please let us know if you have any questions or needs that we can help you with.

Checklist

The following checklist is designed to help the ERAS surgical patient prepare for the surgical procedure. Please use the boxes to the left of each item to check off the tasks as you complete them.

Week before surgery:

Studies have shown that what you do and what you eat before your surgery can reduce complications and speed up your recovery!

- ☐ Increase your daily activity by 30 minutes per day (refer to surgeon's recommendations)
- ☐ Eat high protein and high carbohydrate meals. ***If you are on dietary restrictions (diabetic or renal), please consult with your primary care provider for appropriate dietary planning prior to your procedure.
 - *** If on bowel prep, follow the instructions from your surgeon.
 - *** If on a GLP1 medication, follow the instructions given to you by the PAT clinic.

- ☐ Stop smoking and decrease alcohol consumption.
- ☐ Plan your clear liquid drinks for the night before surgery

Night before surgery:

- ☐ Do not eat after midnight (If on bowel prep, follow the instructions from your surgeon).
- ☐ Continue to drink clear liquids after midnight until 2 hours prior to arrival to the hospital (refer to the Preparing for Your Procedure or Surgery Booklet)
- ☐ Follow instructions regarding all medications prior to surgery.
- ☐ Arrive to hospital at the time designated on the arrival call the night before.

Food and Nutrition Before Surgery

We want you to recover well from your upcoming surgery. Good nutrition will help get your body ready for surgery, heal better after surgery, and help fight infection. Eating enough calories, protein, vitamins, and minerals will all help speed up your recovery.

When to start pre-operative nutrition

Ideally, you want to start prepping your body nutritionally as soon as you know about your surgery. Two to four weeks before your surgery is a great window to focus on improving your diet. This gives your body time to absorb all the nutrients it needs for recovery.

Of course, everyone's situation is different. If you have diabetes, high blood pressure, or kidney disease, always check with your doctor or dietitian to tailor your nutrition plan to your specific needs.

By fueling your body with the right foods, you can give yourself the best chance for a speedy recovery. You're also more likely to experience fewer complications during your recovery period. Remember, the journey to recovery starts before you even walk into the hospital!

Tips to get your body in good nutritional shape before surgery:

“Eating to Heal”

- Eat foods that will help your body heal. Good choices are protein-rich foods, whole grains, fruits, vegetables, and dairy products.
- Include protein-rich foods with each meal. Some healthy choices are lean meat, fish, poultry, beans, eggs, cheese, nuts, tofu, milk, cottage cheese, yogurt, and protein drinks.
- Eat at least three times a day. Try not to skip meals. If you are not feeling hungry, try eating smaller amounts of high protein foods (cheese and crackers or fruit, cottage cheese or yogurt and fruit, eggs or egg salad, hummus and crackers or vegetables, milk or soymilk and graham crackers, pudding or custard, peanut butter) 4 to 5 times each day.
- Drink at least 6 to 8 eight-ounce cups of fluid each day to stay well hydrated.

Foods to avoid or minimize:

- Processed foods: They're high in salt, sugar, and unhealthy fats, which can interfere with healing
- Sugary snacks: Sweets, sugary drinks, and other sugary foods can have a negative effect on your metabolism and immune function

