





Enhanced Recovery At A Glance

Pre Operative

Enhanced recovery refers to patient-centered, evidence-based, multidisciplinary team developed pathways for a surgical specialty and facility culture to reduce the patient’s surgical stress response, optimize their physiologic function, and facilitate recovery. Enhanced recovery pathways can be used across any service line to standardize practice.

 Intervention	 Practice Options
Patient Weight	✓ Standing scale or bed scale
NPO Status	✓ Adherence to ASA guidelines (2 hours clear liquids, carbohydrate beverage), consider 8 hours for high risk Gastroparesis patients, etc.
Glucose Control	✓ Maintain normoglycemia
Skin Cleanse	✓ Chlorhexidine wipes or chlorhexidine wash
Normothermia	✓ Warming gown
IV Fluids	✓ Minimize IV Fluids preoperatively (considered NS lock in Pre Op) - Lactated Ringers or Plasmalyte preferred, unless contraindicated
Multimodal Pain Management	<ul style="list-style-type: none"> ✓ PO Acetaminophen (patient dependent) ✓ Consider gabapentinoids ✓ Celebrex (patient dependent)
Colorectal Meds	✓ Entereg (patient dependent)
PONV Prophylaxis	✓ Standardize PONV assessment (APFEL tool* vs Alternative Assessment score)

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*Apfel CC, Laara E, Koivuranta M, Greim CA, Roewer N. A simplified risk score for predicting postoperative nausea and vomiting: conclusions from cross-validations between two centers. Anesthesiology. 1999;91(3):693-700.