

Enhanced Recovery After Surgery (ERAS)

Patient Information

Surgical Admissions Lounge- Colorectal Surgery



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Introduction

The aim of the Enhanced Recovery Programme is to optimise your current condition and help you recover from your operation as soon as possible. This leaflet provides information to ensure you are aware of the expectations of your admission. It allows you to play an active role in your own recovery and reduce the time spent in hospital after your operation.

The main elements of the ERAS programme at WWL include:

- having input at the pre-op stage from your Enhanced Recovery Specialist Nurse, who will support you by ensuring you are optimised as much as possible and will be involved in the planning and preparation of your admission.
- you will be seen post operatively by your ERAS Nurse to ensure the standards of Enhanced Recovery care are met daily. If you have any concerns or worries, you may inform a member of staff or speak to your ERAS nurse, who will assure your worries are eased and address any concerns with the surgical team.
- Following discharge, you will be contacted by your ERAS nurse to ensure you are recovering well and if any concerns are raised, you will be reassessed appropriately.

Before you come into hospital

There are certain actions you can take before coming for surgery that can help you recover more quickly. Whatever amount of time you have until the date of your operation, we can support you to make changes to your daily lifestyle during the weeks leading up to your surgery to make sure your body is prepared.

Preparing your body for surgery will help to reduce problems after surgery, reducing the risk of any post-op complications and reducing your length of stay in hospital. A good recovery will enable you to get back to your day-to-day life sooner. If you require further support or advice regarding any planning of your care for before or after your surgery, please contact your pre-op nurse or your ERAS Nurse.

Physical Activity and Muscle strengthening

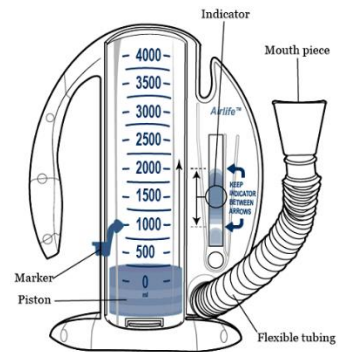
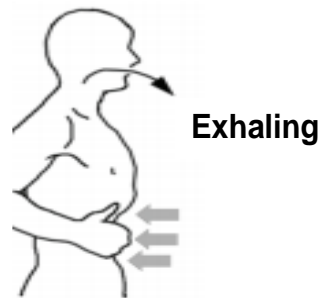
Improve your fitness by gently increasing activity levels before surgery. 20-30 minutes of activity every day can help get you back on your feet as soon as possible. Some patients may be eligible to take part in a rehabilitation exercise programme. You may enquire about this to your ERAS nurse if this is something you wish to consider.

Chest Training/ Incentive Spirometry

To help combat the effects of anaesthesia and avoid chest-related infections, you can do chest training at home. Train yourself to take deep breaths and continue this before and after surgery. You may be given a breathing device called an incentive spirometer; this tool helps you practice taking deep, slow breaths and helps encourage movement of phlegm out of your lungs. Please become familiar with this and practise your breathing exercises before admission. You will also need to bring this in with you on admission, as you will be expected to continue these exercises after surgery. You should aim to utilise the Spirometer or complete

your own breathing exercises on an hourly basis until you are mobilising normally. This will help keep your lungs active and help prevent chest infections post operatively.

1. Sitting upright in a chair or bed place you hand on the upper part of your stomach
2. Relax your shoulders
3. Take a slow deep breath through your nose concentrating on expanding your chest
4. Hold that breathe for a count of 3. Then slowly release that breathe completely through your mouth, repeat 3 - 4 times.



Food and drink (before surgery)

Before coming into hospital, please continue to eat and drink as normal. Maintain a healthy and nutritious diet in the weeks leading up to your surgery. For any patients with reduced oral intake and low BMI, you may liaise with your GP to discuss the need for Ensure supplements leading up to surgery. For patients who find they have a high BMI, it is important to follow a healthy diet and complete exercise to improve health and fitness level.

Your surgeon may advise you to have a low fibre diet for around a week before surgery. You may also be given 3 sachets of 'pre-load' to drink the day before admission and on the day of admission. These drinks provide energy and help you recover from your operation; your pre-op nurse will advise you on these. Please note: these pre-load drinks are NOT for patients who are diabetic.

Diet and Fluids (post operative)

Your surgical team will provide direction to the nursing team when you should start eating. This can sometimes be as early as the same day as your operation. Some people will be encouraged to take 3 supplement drinks a day, as well as a normal diet.

Bowel Preparation

If it is necessary for you to have bowel preparation (laxatives) to help clear your bowel, this will be discussed with you by the surgeon and the colorectal specialist nurse. This may be an enema on the day, or a medication drink the day before admission.

Smoking and surgery

If you are a smoker or vape, you should stop smoking/vaping completely before your operation. Smoking reduces the amount of oxygen in the blood and narrows the blood

vessels, slowing the rate of wound healing and increasing scarring. Stopping smoking is one of the most important things you can do for your health.

You are four times more likely to stop with the help of an NHS service. You can be referred by your ERAS Nurse once you are listed for surgery.

Tel: 01942 8222567

Internet: www.nhs.co.uk/livewell/smoking

Pain relief (Analgesia) after your operation

On the day of your surgery, the anaesthetist will discuss with you the options for pain relief both during and after surgery. Good pain control encourages a good recovery. These options may include one or more of the following:

- Oral painkillers
- Patient Controlled Analgesia (PCA) into a drip
- Epidural Anaesthetic into your back (continuous on a pump)
- Wound infiltration (continuous on a pump)

Good pain relief allows you to rest comfortably, take deep breaths, cough effectively and allows you to mobilise. The nurses will assess your pain on the medication rounds. It is important that you tell us if the pain relief is not adequate, as there are different or additional types of analgesia that we can use. We can also draw on the expertise of a group of nurses that specialise in pain control. You may experience some nausea/sickness. You will be given anti-sickness medication during your operation to reduce the chance of this happening. Again, it is important that you tell us if you feel sick, so that we can give further medication.

Mobilisation and Physiotherapy

Early mobilisation is a very important part of your recovery. Most patients will be encouraged to get out of bed the following morning after surgery. You will be supported to sit out in a chair and walk short distances up to 4 times a day. Nurses, Health care assistants, students, physio therapists, the ERAS nurse, can all take on this role to support with mobility practice.

Circulation exercises

Good circulation helps to prevent DVT (deep vein thrombosis) or blood clots. It is important to continue to wear your stockings, unless you have been advised these are not necessary. Crossing your legs can make circulation sluggish, so try to remember not to do this! On the next page are some examples of circulation exercises you can do whilst on the ward. Try and repeat these 10 times every hour.

Sitting and lying (flexing the foot)



Sitting and lying (rotating the ankle)



Standing (moving up and down)



If you or your family have any questions prior to your surgery or require further information about any of the above, please do not hesitate to contact your ERAS Nurse.

Surgical Admissions Lounge- ERAS Nurse: 01942 822934

Colorectal/ Stoma Specialist Nurses: 01942 822884

Royal Albert Edward Infirmary Main Switchboard: 01942 244000

For useful information prior to surgery visit:

www.erasplus.co.uk

<https://www.wigan.gov.uk/BeWell>

www.nhs.co.uk/livewell/smoking

<https://www.prehab4cancer.co.uk/>

Please utilise this space to write down any questions you may have that you would like to ask your surgeon, anaesthetist, ERAS nurse, or any other health care professional.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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