

Brushing your teeth is prescribed on your medication chart whilst in hospital, so we will remind you to brush your teeth twice a day and use mouth wash to help keep your mouth clean.

EARLY MOBILISATION

As part of the ERAS+ programme you will be encouraged to mobilise the morning after your surgery to help reduce the risk of PPC. You will be assisted to sit out in the chair the morning after surgery, and you will be encouraged to build up to walk 60m four times a day. We will encourage you to have a shower daily and dress in your own clothes, and this will help to improve how you feel.

MANAGING PAIN AND NAUSEA

It is important your pain is well managed after surgery, and we encourage you to inform the nurse in charge of your care if you feel your pain is not controlled. Your pain should be managed to allow you to cough, mobilise and do your deep breathing exercises. You will be seen by the acute pain team after your operation, and they will discuss the appropriate options available in managing your pain.

Sometimes you may feel nauseous after your operation, and medications can be given to help manage this. It is important you inform the nurse looking after you if you start to feel sick, as we do not want this to stop you from being able to eat and drink.

WHEN WILL I BE DISCHARGED HOME?

You will be discharged once you are able to eat and drink, your pain is manageable, you are able to mobilise independently and you are able to perform your own daily activities, such as washing and dressing, if you have a stoma you will also need to be stoma competent before you are discharged, and you will be given stoma training. We expect you to be in hospital between 5-10 days, however it may be longer depending on your surgery. It will be the decision of your surgical team, and this will be discussed throughout your stay in hospital, as everyone is different. Using ERAS+ we aim for you to be home as soon as is safe to do so

WHAT HAPPENS WHEN I RETURN HOME?

It is important to remain active once you are discharged home, however, you may feel tired more easily following surgery.

It is important to build up your activity levels gradually in the first 4-6 weeks following your operation. To increase your activity levels you may start by walking around the house or walking short distances outside. It is important you know what to look out for in case of any complications once you have been discharged. You will be given information before you go home, and you will be informed of who to contact if you have any questions or concerns.

Please see www.erasplus.co.uk for more information.

CONTACT US

Stoma Nurse Specialist Team

0161 419 5052 or 0161 419 5059 – Monday to Friday 8am-4pm (Answer phone is available)

ERAS+ Nurse

Abigail Pemberton – 0161 419 4088 – Monday to Friday 8am-4pm



Supporting our Smokefree Trust

In order to look after the health of our staff, patients and visitors, we ask you politely not to smoke while you are on the hospital grounds.

National Smokefree Helpline: **0300 123 1044**

If you require the leaflet in large print, another language, an audio tape or braille, Please contact:

Patient and Customer Services

Tel: 0161 419 5678 **Email:** PCS@stockport.nhs.uk

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ENHANCED RECOVERY AFTER SURGERY+

SURGERY

Patient Information Leaflet

WHAT IS THE ENHANCED RECOVERY PROGRAMME?

Enhanced Recovery after Surgery Plus (ERAS+) is a programme used at Stockport NHS Foundation Trust for patients undergoing major colorectal or urology surgery. ERAS+ has successfully improved recovery and outcomes from major surgery. The aim is for us to work together to provide you with information to prepare for surgery and help you, your friends and your family know what to expect during your recovery. The aim is to optimise your health and fitness and reduce your length of stay in hospital and improve your quality of life after surgery.

ERAS+ focuses on:

- **Pre-habilitation** – Improving fitness before surgery
- **Chest training – ICOUGH**
- **Early mobilisation after surgery**
- **Nutrition**
- **Rehabilitation**

BEFORE YOU COME INTO HOSPITAL

You will be asked to attend a pre-operative assessment and here you will have your blood pressure and pulse taken, blood tests and an ECG (heart tracing). You may also need other tests and scans prior to your operation and this will all be explained to you during the assessment or during your clinic appointments.

There are things you can do before your operation to improve your recovery. As part of your care, you will be invited to Surgery School. Surgery School is a group session where we discuss what to expect during your hospital admission, and also what you can do before surgery to optimise your health and fitness, and we explain how you can increase your activity levels before surgery. Surgery School is presented by an anaesthetist, ERAS+ Nurse, Physiotherapist and an Acute Pain Service Specialist nurse. There will be plenty of time for you to ask any questions you have. Surgery school is an important part of your journey, and helps to manage your expectations and reduce anxiety surrounding your operation and recovery.

The day before your operation you may be prescribed bowel preparation, and should also take 'pre-load' drinks as directed. The pre-load drinks are carbohydrate drinks to help reduce your starvation period.

You will be advised at your pre-op assessment how and when to take the bowel preparation.

You will also be advised to drink clear fluids up until 2 hours before your surgery.

You will be given an incentive spirometer and instructions on how to use this, and this will help with chest training before surgery. It is important you use the incentive spirometer 4 times a day before your surgery. Please refer to the 'Using an Incentive Spirometer' leaflet provided to you during your pre-op assessment.

COMING INTO HOSPITAL

What to bring into hospital:

- Pyjamas or nightgown and slippers
- Peppermint tea – Helps to reduce wind pain
- Chewing gum – Helps towards getting your bowel moving
- Toothpaste and mouthwash – Helps to reduce the risk of respiratory infection
- Incentive spirometer
- Loose fitting comfortable clothes – It is best to be dressed in your own clothes when possible
- Any medication you usually take
- Personal items – Glasses, hearing aid etc.

You will be asked to come into hospital the day before or the day of your operation. You will be admitted onto the elective ward, and the nurse will complete your admission documentation before you go to theatre. We advise you to take a shower on the morning of your surgery and we will give you a theatre gown to wear. You should remove your jewellery before your operation (wedding rings can be left on and will be taped), and any valuables should be sent home with friends or family for safekeeping.

A theatre porter will take you to theatre, where you will be met by the theatre staff who will ask you similar questions to those you have already been asked. These questions are to ensure your safety and it is important that these are double checked.

AFTER YOUR OPERATION

You may go to the High Dependency Unit (HDU) following your surgery for your initial post-operative recovery.

If you go to the ward or if you go to HDU, the Enhanced Recovery Programme will carry on as planned. Staff will orientate you to your environment and assist you with your ERAS+ goals. You are likely to have a fluid drip after your surgery and during your operation a tube will be put into your bladder called a catheter; this is to ensure we can accurately monitor your urine output. As part of ERAS+ we aim to have your catheter and all fluid drips removed as soon as possible, and this will be discussed at Surgery School so you know what to expect. We aim to have these removed within 24-48 hours. Depending on your operation, we usually encourage you to eat and drink after your operation. Eating little and often, with snacks can be beneficial, as you may find you have a smaller appetite after your operation. Nutrition plays an important role in your surgery and recovery, as good nutrition aids wound healing and helps your body recover from an operation. You will be prescribed nutritional supplement drinks, and these are important to aid with your nutrition

We use the ICOUGH bundle after your operation to improve your lung function and help reduce the risk of Postoperative Pulmonary Complications (PPC) for example, chest infections. We know if you develop a PPC, you will spend longer in hospital and it may have a long lasting impact on your health, which is why we use ERAS+ to reduce the risk of this.

ICOUGH

I – Incentive Spirometry

C - Coughing with good pain control

O - Oral health (Brushing teeth and mouthwash)

U – Understanding (Understanding ICOUGH and importance of chest training)

G - Getting out of bed and mobilising after surgery

H – Head of bed elevated to improve breathing technique

More information overleaf...