

Your Enhanced Recovery After Surgery (ERAS) packet plays an important role in helping you recover as quickly and as safely as possible after your upcoming colorectal surgery.



ERAS Packet Contents and Instructions

Our pre-procedural team will provide you with detailed information and instructions to use each item in your ERAS packet.

Your ERAS packet contains:

Hibiclens Antimicrobial Soap (4% Chlorhexidine Gluconate – CHG)

- Hibiclens CHG solution kills most germs on your skin and reduces your risk of infection at your body's surgery site.
- Use the Hibiclens CHG solution in the shower **the night before your surgery and on the morning of your surgery, for a total of two showers.**
- Avoid use on your face and genitals.**

Pre-Surgery Clear Carbohydrate Drink

- Drink the pre-surgery clear carbohydrate drink as directed by your surgeon or the pre-procedural nurse.
- If you are diabetic, do not drink the pre-surgery clear carbohydrate drink.

Incentive Spirometer

- An incentive spirometer is used for breathing exercises after surgery to prevent any respiratory issues.

Preparing for Surgery – Important Tips to Know

- ❑ If you smoke, it is very important to stop at least two weeks before the surgery. Nicotine decreases the amount of oxygen your tissue receives after surgery, which can lengthen the amount of time it takes to heal.
- ❑ Start deep breathing exercises now. Take a slow deep breath in and hold it for five seconds and slowly breathe out. Repeat this five times. You will be expected to do deep breathing and coughing exercises after surgery. This is to prevent any fluid from settling in your lungs that could lead to pneumonia.
- ❑ If you exercise, you may continue your normal routine. If you do not exercise, try doing some walking or light home exercises. You will be expected to get out of bed and walk soon after your surgery. Early movement can prevent blood clots and pneumonia. It can also enhance early return of bowel function after surgery.
- ❑ If you are a diabetic, **keep your blood sugars well controlled** for the two to three weeks before your surgery. High glucose levels have been shown to increase rates of infection and decrease wound healing after surgery. This is very important! If you are having trouble maintaining your blood sugar level, please contact your doctor as soon as possible.
- ❑ Before your procedure, you will have a phone interview with one of our pre-procedural nurses. You may also be asked to schedule an appointment with a nurse practitioner at an Inova Pre-Procedural Evaluation Clinic (PEC). If required, preoperative testing can be done at varying Inova PEC, urgent care and laboratory locations across Northern Virginia.

For questions regarding pre-procedural nurse interviews, PEC visits or preoperative testing, please call:

- Inova Alexandria Hospital: 703.504.3530
- Inova Fairfax Medical Campus: 571.472.3344
- Inova Fair Oaks Hospital: 703.391.3500
- Inova Loudoun Hospital: 703.858.6768
- Inova Mount Vernon Hospital: 703.664.7046