



# Enhanced Recovery After Surgery (ERAS) Guidelines (ASCRS / SAGES)



## Preop:



- Patient education (1C)
- Carb loading (2B) / Clear liquids until 2hrs prior (1A)



- Mechanical & oral bowel prep (2B)
- Optimize comorbidity (2B)

## Intraop:



- Preset orders (2C)
- SSI bundle: abx / prep (1B)
- Pre-emptive, multimodal pain control (1B)



- Restrictive / goal directed fluid use (1B)
- Laparoscopic approach (1A)

## Postop:

- Early feeding, heplock (1B)
- Multimodal pain regimen (1B)
- Early foley removal / ambulation (1B)
- No drains (1B)



DISEASES OF THE COLON & RECTUM



Carmichael JC et al. *Dis Colon Rectum* 2017;60(8)

