



ERAS Colorectal Surgery Patient Instructions

Mechanical Prep	<ol style="list-style-type: none">1. Patient given instructions for mechanical prep2. Mechanical and antibiotic prep should be given for both right and left sided resections3. Allow only clear liquids AFTER breakfast, on the day before surgery4. Actual mechanical prep chosen is not critical. Acceptable alternatives include but are not limited to:<ol style="list-style-type: none">i. 2-4 Dulcolax pills at 2PM followed by 1 bottle of Miralax in 64oz clear liquid taken from 3-5PMii. 4 liters of Golytely taken from noon – 4pmiii. 2-4 Dulcolax pills at 2 PM followed by 1 bottle of Mg Citrate at 3PM
Oral Antibiotic Prep	<p>Acceptable oral antibiotic regimens include:</p> <ol style="list-style-type: none">1. A combination of at least 2 antibiotics (e.g., Neomycin/Erythromycin or Neomycin/Metronidazole), for at least 2 doses, should be given one hour after completion of mechanical bowel prep.2. Suggested regimens include but are not limited to:<ol style="list-style-type: none">i. 1g Neomycin + 1g Erythromycin at 5-7pm and at 10-11pmii. 1g Neomycin + 500 mg Metronidazole at 5-7pm and at 10-11pm.iii. 1g Neomycin + 500 mg Metronidazole (or 1g Erythromycin, if allergic to Metronidazole) at 5, 6 and 8-10pm



<p>Pre-operative Antibacterial shower</p>	<p>Patient instructions:</p> <ul style="list-style-type: none"> • Shower/bathe with liquid Chlorhexidine wash starting 2 days before, the day before, and on the morning of surgery (i.e., once daily for 3 days) per the special instructions included for bathing with Chlorhexidine, an antimicrobial soap. • The Patient should be directed to the MGH Pharmacy to pick up their ERAS Kit supplies, which will include the Hibiclens. • If Patient was tested for STAPH and is positive, defer to instructions provided by their surgeon’s office for the use of Chlorhexidine was and mupirocin nasal ointment. Their doctor will let them know if testing is needed.
<p>Pre-operative nutritional supplement</p>	<p>Acceptable pre-op nutritional supplement drinks:</p> <ol style="list-style-type: none"> 1. All patients should be directed to the MGH Pharmacy to pick up their ERAS kit supplies with will include a preoperative nutritional supplement drink prior to surgery. <ol style="list-style-type: none"> a. If the above is not provided, up to 20oz of Gatorade (no red) is an acceptable alternative. <p>Timing for drinking of the supplement:</p> <ol style="list-style-type: none"> 1. Patients should be given instructions to drink the provided carbohydrate drinks starting 4 hours before surgery and complete or stop drinking 2 hours before surgery. 2. If the patient is diabetic, instruct them to follow their recommend diet and do not drink the carbohydrate drink as it may increase their blood sugar.