



National University
Hospital

Enhanced Recovery After Surgery

Helping you to prepare and recover from
surgery safer and faster

Patient Information Booklet





Name:

Surgery:

Consultant:

Date of Admission:

Date of Surgery:

Predicted Date of Discharge:

Fasting instructions *(to be filled in pre-op clinic)*

Last time for solid food:

Last time for clear drinks:

Evening carbohydrate drink time:

Morning carbohydrate drink time:

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Introduction

The aim of this booklet is to increase your understanding of 'Enhanced Recovery' and the key role you play in your recovery after surgery.

What is Enhanced Recovery?

This is a surgical pathway that will help you recover from your surgery and regain your independence as quickly as possible.

Aims of Enhanced Recovery:

- Pre-surgery education and counselling
- Good nutrition
- Early ambulation/exercise
- Good pain control
- Pleasant patient experience and involvement in care

Your role as a patient:

- Be aware of the date of your surgery
- Ask questions when you do not know or when you are unsure
- Check that you have the necessary support at home
- Follow the advice and instructions of the clinical team
- Be positive about your surgery and recovery
- Eat and drink as advised to aid your recovery as your body needs nutrition to heal
- Exercise to help your body function better
- Take care of your body
- Inform your family of the surgery
- Set yourself a daily goal before and after surgery



Education and Counselling

Our aims:

- Address your anxieties and any questions you may have to help you and your family to cope and understand the surgical journey
- Explain the pre-surgery, surgery and post-surgery care
- Encourage you to record your progress in a diary (if applicable)
- Work with you throughout your surgical journey

Our nurses and doctors will speak to you and your family. Please come with a family member/friend to support you during these appointments.



Smoking

Stop smoking as soon as possible or at least 2 weeks before any major surgery.



Smoking increases the risk of complications to your heart, lungs and surgical wounds, all of which may result in a slower recovery and a longer hospital stay. Please talk to your doctor if you require assistance to stop smoking.

Exercises & Ambulating

- Exercise before your surgery as it helps your body circulate the blood and fluid.
- Walk for at least an hour daily before the surgery as it helps your organs work better and is good for the heart, lungs and bowels.

Prolonged bed rest increases the risk of blood clots in the legs and lungs.



The nurse or physiotherapist will teach you how to exercise your lungs using a spirometer.

With the aid of a spirometer, take:

Before the Surgery:

- 10 breaths per hour, 4 times a day

After the Surgery:

- You are encouraged to do 10 breaths per hour, whenever you are awake

The spirometer will help to exercise your lungs, hence reducing the risk of lung complications.

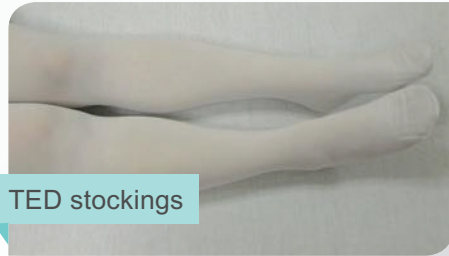


Spirometer

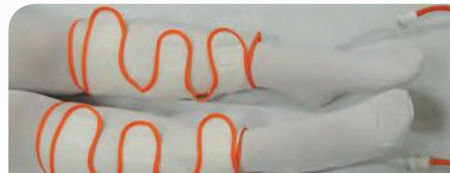
You will be taught how to do pre-op and post-op leg and arm exercises.

Wear Thromboembolic Deterrent (TED) stockings or pneumatic compression calf pump to reduce the risk of blood clots in the legs. These will be given to you in the hospital after surgery.

Start walking as soon as possible after the surgery and aim to walk 60 metres, 4 times a day. It is recommended to walk as much as possible.



TED stockings



Pneumatic compression calf pump

Pain Management

We will do our best to ensure that you are comfortable.

- If you are given a pain pump, please press the button whenever you are in pain.
- If you are given a pain buster pump, the medication will be released into your body automatically.
- The dosage is pre-set and there is no risk of overdose.
- The pump will be stopped within 2 - 5 days.
- Oral medication will also be prescribed to maintain the pain at an acceptable level.
- Please let our nurses know if the pain does not subside.

Pain Pump



Pain Buster Pump



We will do all that we can to make sure that you are comfortable and that your pain is well-controlled.

Nutrition

Before the Surgery:

- You are advised to increase your food intake.
- Protein should be the bulk of your meals to prepare your body for surgery and healing.
- Take nutritional supplements as directed by the dietitian and nurse.
- You may be given 3 sachets of carbohydrate drinks. These drinks help to reduce the stress your body undergoes during the surgery and play an important role in your recovery.



After the Surgery:

- Your surgical team will help you to resume your normal diet as soon as possible. Please ask your nurse if you are unsure.
- Your team may also refer you to a dietitian if you require a special diet or need nutritional supplements.
- Protein should be the bulk of your diet to enhance healing.



Evening before surgery

Morning of surgery

(Not for diabetic patients)

2 sachets mixed with 800ml of water
(400ml per sachet)
Please drink this within 1 hour

1 sachet mixed with 400ml of water
Please drink this within 30 minutes



Discharge

- It is important for us to plan your discharge in the pre-surgery clinic. Our aim is to discharge you as soon as you are ready. Please inform our nursing team if you require assistance at home.
- The medical team will confirm your discharge date 1 day in advance to enable you to make transport arrangements.

You will be able to leave the hospital by 11am. While waiting for your medication or transport, you may be requested to rest at the Discharge Lounge in the ward after 11am.

You will be ready to go home when:

- You are able to walk independently or return to premorbid status.
- You are able to eat and drink.
- Your pain is well-controlled by oral pain killers.
- You have passed wind or passed motion.
- Your blood test results are normal and you do not have a fever in the last 24 hours.
- You are able to care for your stoma (for those with a stoma).
- The necessary support is available at home (if applicable).

Support

Our team is here to help you and your family throughout the surgical journey. In our pre-surgery clinic, we will ask you and your family if you need any support (e.g. financial, physical, psychological and emotional).

If you require any psychological support, we can refer you to the Medical Social Workers.

We also have some Specialty Patient Support Group members who can share their surgical experiences with you.

After Discharge

- Continue to exercise regularly at least 15 - 30 minutes twice a day but avoid strenuous exercise for the first couple of weeks or as advised by your medical team.
- Continue to eat small frequent meals.
- Continue taking regular pain killers as required.

If you feel unwell and experience any of the following urgent symptoms, please visit the NUH Emergency Department.

- Bleeding
- Fever
- Severe stomach pain
- Increased stomach swelling and bloatedness
- Persistent vomiting
- No bowel motion nor wind for a couple of days
- Wound is red, swollen and painful with smelly discharge

For non-urgent issues and other enquiries, please contact the ERAS nurse in-charge at 9829 7876 during office hours (9am - 5pm).

Author:

Rachael Nakawungu, Nurse Clinician, NUH

Next Review Date:

September 2022

Acknowledgement

I, _____ NRIC: _____ confirm that

1. I have received the Surgical Information Booklets.
2. I understand the content.
3. I will talk to my doctors and nurses if I have additional questions.

Patient/Family
Name & Signature

Date

Witness
Name & Signature

Designation
of Witness

National University Hospital Surgical Specialists Centre

NUH Medical Centre Level 15

Email: surgical_specialists_centre@nuhs.edu.sg

Appointment Line: (65) 6772 5601

Opening Hours:

Monday to Friday: 8:30am - 5:30pm

Closed on Sat, Sun & Public Holidays



Nearest MRT Station: Kent Ridge (Circle Line)

National University Hospital
5 Lower Kent Ridge Road, Singapore 119074

Tel: (65) 6779 5555

Website: www.nuh.com.sg

Company Registration No. 198500843R

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