

ERAS: ENHANCED RECOVERY AFTER SURGERY

What is ERAS?

- Evidence-based care developed by ERAS Society
- Improves perioperative experience and surgical outcomes
- Promotes faster recovery and return to activities of daily living

Day Before Surgery

- Drink 10 fluid ounces of 100% Apple Juice (1 bottle) with dinner



Day of Surgery

- No Solid Foods.
- Drink Clear Liquids only including 10 fluid ounces of 100% Apple Juice (1 bottle) two hours before arrival time to hospital the morning of your surgery.
* **EXCEPT:** *If you have delayed stomach emptying or severe acid reflux, DO NOT drink anything the morning of surgery. You should not eat or drink anything within eight hours of your surgery.*
- DO NOT drink anything within two hours of your surgery or your surgery may be canceled or postponed.

SOLID FOODS



CLEAR LIQUIDS



What are Clear Liquids?

Apple juice, cranberry juice, grape juice, sports drinks, coffee or tea **without** milk/cream or non-dairy creamer, Crystal Light®, broth, water, ice, gelatin **without** fruit pieces.

NOTE: No carbonated or alcoholic beverages allowed.

