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.**

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.