

## **ERAS NUTRITION PROTOCOL FOR ELECTIVE COLECTOMY, DUODENECTOMY, PANCREATICO DUODENECTOMY, GASTRIC-, PELVIC-, RECTAL- OR ABDOMINAL SURGERY**

### **What is ERAS**

Enhanced recovery after surgery (**ERAS**) is the evidence-based care protocol developed by the ERAS Society. It describes the perioperative care pathway with recommendations for patient care at various steps in the perioperative process. The ERAS care pathways reduce surgical stress by optimal control of pain, early oral diet and early mobilization after surgery. This has resulted in reduced rates of morbidity, faster recovery and shorter length of stay in hospital and as a consequence, reduced costs.

Patients must be consulted by a dietician 7-10 days before planned surgery and preoperative carbohydrate loading and immune-nutrition must be started 7-10 days prior surgery

### **The following will be done by the dietician**

The patient will be informed about the feeding protocol (pre- and postoperative), as well as the importance of it. A nutritional assessment and diet history will be taken and nutritional needs calculated to reach nutritional goals in preparation for surgery and thereafter.

### **Preoperative nutritional care for colectomy/duodonectomy/gastrectomy/abdominal surgery**

- A normal diet should be followed and solids may be taken up to 8 hours prior to surgery. Addition of nutritional supplements to reach nutritional goals where preoperative intake is not optimal or in malnourished patients or patients with unplanned weight loss starting 5 - 7 days prior surgery where possible.
- In general no mechanic bowel preparation will be used.  
A clear liquid sip feed should be taken up to 3 hours before surgery ( Preop, Elemental O28, Peptamen – Prebio, Provide Xtra, Fresubin Jucy, Recource).  
This treatment reduces the prevalence of preoperative thirst, hunger and anxiety. This treatment (avoiding preoperative fasting) also results in less postoperative protein losses as well as maintained muscle mass and strength.

- Immunonutrition when needed according to dietician's evaluation starting 5 - 7 days before surgery with Impact, Glutamed and a multivitamin and mineral supplement (Glutamine, Arginine, Omega 3, anti-oxidants)

#### **Perioperative early oral intake**

- Chewing gum (reduce time to first bowel movement)
- Laxatives and prokinetics (normalise gastro intestinal transit after surgery)
- Clear fluids and clear fluid supplements 4 hours after surgery
- Following meal should be mixed fluids and protein energy supplements
- Light soft food with protein energy supplements to optimize nutritional requirements within 24 hours after surgery
- Immuno-nutrition (Impact, Glutamed, multivitamin and mineral supplement)