

# Example Enhanced Recovery After Surgery (ERAS) Pathway for Cesarean Section

## What is ERAS?

ERAS is a **multimodal perioperative care pathway** designed to achieve early recovery for patients undergoing surgery and reduce post-op pain medication usage. ERAS represents a paradigm shift in perioperative care in two ways. First, it re-examines traditional practices, replacing them with **evidence-based best practices** when necessary. Second, it is **comprehensive** in its scope, covering all areas of the patient's journey through the surgical process. *Baxter 2005*

## Antepartum Office Visit

Physician

1. Physician to introduce ERAS if patient is a candidate

Nurse

1. Education session with nurse/midwife on what to expect, method of feeding, choosing pediatrician. ERAS pamphlet reviewed, given to patient
2. Show EMMI video? (none)
3. Schedule surgery

## 1-3 days before surgery

Physician

1. Obtain informed consent
2. Enter preop orders
3. Order preop labs

## Day of Surgery Pre-op

Anesthesia

1. Review H&P and lab results

Diet

1. Solids up to 6 hours before surgery
2. Clear liquids up to 2 h before surgery
3. High carbohydrate drink 2 h before surgery (apple, cranberry juice)

Pre-op Analgesia (With sips of water)

1. Tylenol 1000 mg once preoperatively
2. Gabapentin 600 mg once preoperatively
3. Toradol IV after delivery of baby
4. Pepcid IV

## Intraoperative

Regional anesthesia with Duramorph

Antiemetics

Bupivacaine injection after closure of incision?

Limited IVF (euvoemia)

Normothermia

Immediate skin-to-skin contact

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### Postoperative

TAP block with Exparel (probably not if Duramorph)

Multimodal non-opioid analgesics

1. Toradol 15 mg IV q 6 h, first dose at conclusion of surgery, switch to
2. Ibuprofen 800 mg q 6 h when tolerating po
3. Acetaminophen 1,000 mg q 6 h
4. If pain not controlled, Norco or IV Dilaudid or Morphine

Postop vitals

Respiratory rate and/or pulse ox q 1 hr x 12 hr, then q 2 hr x 12 hr.

Education

Pain expectations, discharge planning

Breast feeding within 2 hours

Early nutrition

1. Clear fluids within 30 m of surgery
2. Solids 1 h after surgery

Early ambulation

Either after 6 hours or following morning

Foley removal when ambulating