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 Anelgesia (With sips of water)
1. Tylenol 1000 mg once preoperatively
2. Gabapentin 600 mg once preoperatively
3. Toradal IV after delivery of baby
4. Pepcid IV

Intraoperative
Regional anesthesia with Duramorph
Antiemetics
Bupivacaine injection after closure of incision?
Limited IVF (euvolemia)
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