Enhanced Recovery After Surgery (ERAS) Guidelines (ASCRS + SAGES)

Preop:
- Patient education & discharge criteria (1C)
- Carb loading (2B)/ Clear liquids until 2hrs prior (1A)
- Mechanical & oral bowel prep (1B)
- Optimize comorbidity, nutrition (2B)

Intraop:
- Preset orders (2C)
- SSI bundle: abx / skin prep (1B)
- Pre-emptive, multimodal pain control (1B), antiemetics (1A)
- Tailored fluid use (1A) w/ balanced crystalloid (1B)
- Minimally invasive approach (1A)

Postop:
- Early feeding, heparlock (1B)
- Alvimopan (1B)
- Multimodal pain regimen (1B)
- Early foley removal (1B)/ ambulation (1C)
- No drains or NG (1B)
- D/C before BM in select patients (2B)