




# 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, heplock (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)

Irani JL, Hedrick TL et al. *Dis Colon Rectum* 2023;66(1):15-40  
& *Surgical Endosc* 2022