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

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

Intraop:
- Preset orders (2C)
- SSI bundle: abx / prep (1B)
- Pre-emptive, multimodal pain control (1B)
- Restrictive / goal directed fluid use (1B)
- Laparoscopic approach (1A)

Postop:
- Early feeding, heplock (1B)
- Multimodal pain regimen (1B)
- Early foley removal / ambulation (1B)
- No drains (1B)

Carmichael JC et al. Dis Colon Rectum 2017;60(8)