



# Enhanced Recovery Programme

Patient Information Leaflet



INVESTOR IN PEOPLE





This information leaflet aims to help you understand the Enhanced Recovery Programme and how you can play an active role in your recovery.

## What is Enhanced Recovery?

The underlying principle is to enable you to recover after your operation and leave hospital sooner by minimising the stress responses on the body.

To do this, it is essential that:

- You are in the best possible condition before your operation. Identifying and correcting any existing health concerns is important and is best done by your GP prior to referral.
- You have the best possible management during and after your operation to reduce pain, gut dysfunction and immobilisation by using appropriate anaesthetic techniques, fluid and nutrition management and minimally invasive surgical techniques where appropriate.
- You experience the best post-operative rehabilitation. This enables early recovery and discharge from hospital by way of good planning, early nutrition and getting out of bed and moving around as soon as possible.

As part of this programme, you will be given a daily diary to fill in so that you can monitor your day to day progress. You can also use this as a way of feeding back information about your recovery as we are happy to listen to suggestions of how we can improve the service we provide.

## Pre-Op Assessment Clinic

You will be seen by a nurse who will ask questions about your medical history and general health and wellbeing. You will have routine blood tests, a heart tracing and your blood pressure will be checked.

## Before Your Operation (Pre-Operative)

Your body needs plenty of nutrients to recover from an operation. You will not be able to eat solid food for 6 hours before your operation. You will be able to have clear fluids up to 2 hours before your operation.

Clear Fluids are water, black tea and very weak cordial.

### **MILK IS NOT A CLEAR FLUID AND MUST NOT BE ADDED TO HOT DRINKS.**

You will be given carbohydrate rich drinks to take the night before and on the morning of your operation. The pre-op assessment nurse will advise you on when to take these drinks. Carbohydrate is a valuable source of energy which you will be able to use during and after your operation. They also improve your tolerance to food and drink after your operation. Diabetic patients will not be given carbohydrate drinks as they can affect blood sugar levels.

**It is important that you let us know if you are feeling unwell during the week before your planned admission date. If you have symptoms of a cough, or have been put on antibiotics for any infection, please contact your Consultant's secretary on the number at the end of this leaflet. They will pass the message on and advise you of what to do next.**

## On the Day of Your Operation

You will usually come into hospital on the day of your operation, unless told otherwise. You will be admitted by a nurse to the Surgical Admission Lounge (SAL) located in the Elective Treatment Centre (ETC). Please bring all of your medications with you. You will be seen by an anaesthetic doctor, who will assess and discuss your anaesthetic needs and pain relief options. We will ask you to wear compression stockings to prevent blood clots.

## After Your Operation (Post-Operative)

Your post-operative care will be tailored to your particular operation and you will be given further information regarding this. The main principles of the Enhanced Recovery Programme mean that:

- We will encourage you to get out of bed and walk around regularly as soon as possible.
- We will give you regular pain relieving medication.
- We will encourage you to eat and drink, and offer up to 4 nutritional supplement drinks per day if you are not eating meals.
- We will ask you to sit out of bed when eating meals.
- You will be given medication to prevent / control nausea and vomiting.
- We will remove drips, drains and catheters as soon as possible.
- We will monitor you for signs of constipation and treat accordingly.
- We will encourage you to wear your own clothing.

## Discharge From Hospital

As part of the Enhanced Recovery Programme, we offer a telephone follow up service. You will be contacted by a nurse on the first day following your discharge, and you may receive further contact if needed. You can report any problems or concerns and the nurse will advise you accordingly. You will also be given contact numbers relevant to your operation/speciality.

To be completed at pre-op assessment clinic:

What time can I last eat?	
What time can I last drink clear fluids?	
When should I take carbohydrate drinks?	

Consultant Surgeon:

Secretary:

Please contact Enhanced Recovery Specialist Nurse for further advice on 07500 020 456.



## No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on  
Tel: (0161) 205 5998 ([www.stopsmokingmanchester.co.uk](http://www.stopsmokingmanchester.co.uk)).

## Translation and Interpretation Service

These translations say "If you require an interpreter, or translation, please ask a member our staff to arrange it for you." The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

اذا كنت بحاجة الى مترجم، او ترجمة، من فضلك اطلب من احد موظفينا ترتيب ذلك لك

اگر آپ کو ایک مترجم، یا ترجمہ کی ضرورت ہے، تو برائے کرم ہمارے عملے کے کسی رکن سے کہیں کہ وہ آپ کے لیے اس کا انتظام کرے۔

আপনার যদি একজন দোভাষী, অথবা অনুবাদের প্রয়োজন হয়, দয়া করে আমাদের একজন কর্মীকে বলুন আপনার জন্য ইহা ব্যবস্থা করতে।

Jeśli Pan/Pani potrzebuje tłumacza lub tłumaczenie prosimy w tym celu zwrócić się do członka personelu.

Haddii aad u baahantahay tarjubaan, fadlan waydii qof ka mid ah shaqaalahayga si uu kuugu.

如果你需要翻译或翻译员，请要求我们的员工为你安排



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