



Interior Health

# ENHANCED RECOVERY AFTER COLORECTAL SURGERY (ERACS)

Kelowna General Hospital  
Adult Post-Operative Order Set

Weight (kg)

79

Rubin : Billie

DOB 06/15/1965

Bulleter orders are initiated by default, unless crossed out and initiated by the physician/prescriber. Boxed orders () require physician/prescriber check mark () to be initiated.

### 1. ALLERGIES: SEE ALLERGY/ADR RECORD

### 2. CODE STATUS/MOST

- Refer to completed Medical Orders for Scope of Treatment (MOST) #829641

### 3. DIET

Dietitian consult (specify indication): \_\_\_\_\_

- 1 can of nutritional supplement BID every day
- Day 0 and 1: full fluids (FF)
- Day 2 and on:  General  Diabetic General  Ileostomy  Restricted Fiber (low residue)
- Sugar-free chewing gum 1 piece TID with meals and PRN (Pt's own med)

### 4. ACTIVITY

Physiotherapy consult for complex mobility issues. Screen as per 48/6 process

- Day 0: dangle at side of bed and up to chair as tolerated
- Day 1 and on: up to chair for all meals and ambulate at least 3x/day
- Dressing change Day 2 unless saturated

### 5. VITAL SIGNS/MONITORING

- For patient being followed by Acute Pain Service, vital signs as per APS orders and then TID when discontinued
- For patient NOT being followed by Acute Pain Service, vital signs Q4H x 48 hours and then TID
- Monitor urine output Q1H over first night post-op, then Q shift if urine output adequate
- For urine output less than 120 mL/4 hours on Day 0:
  - Give Ringer's Lactate 500 mL IV x 1 dose, and run over 30 minutes
  - Contact MRP if urine output does not improve to greater than 120 mL/4 hours following bolus
- Remove indwelling catheter Day 2 in the morning
- In and out catheter for urinary retention greater than 500 mL upon bladder scan (or greater than 300 mL in frail elderly)

### 6. LABORATORY

- Post-Op day 1 and 2: CBC, Sodium, Potassium, Chloride, Bicarbonate, Urea, Creatinine, Phosphorus

### 7. INTRAVENOUS THERAPY AND HYDRATION

Ringers's Lactate IV at \_\_\_\_\_ mL/hr \*\*OR\*\*  D5 1/2 NS + 20 mEq KCl/L at 75 mL/hr

- Day 1: IV TKVO if drinking well (1,200 to 1,500 mL/24 hours)
- Day 2: Saline lock IV when tolerating diet

Date (dd/mm/yyyy) Day of surgery	Time 1600	Prescriber's Signature 	Printed Name or College ID# 01234
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**ENHANCED RECOVERY AFTER  
COLORECTAL SURGERY (ERACS)**

**Kelowna General Hospital**

**Adult Post-Operative Order Set**

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**8. MEDICATIONS**

- NO non-steroidal anti-inflammatory drugs (NSAIDs) to be administered for the duration of hospital admission (unless otherwise specified by MRP)
- NO Suppositories
- Stop Angiotensin-Converting Enzyme (ACE) inhibitors and Angiotensin II Receptor Blockers (ARBs) × 24 hours, then MRP to reassess
- tamsulosin 0.4 mg PO DAILY**
- For patient being followed by Acute Pain Service – See Acute Pain Service (APS) Orders**
  - antacid 10 to 30 mL PO Q1H PRN for gastric reflux
  - pantoprazole 40 mg PO DAILY × 48 hours, then MRP to reassess
  - magnesium hydroxide laxative (Magnolax®) 30 mL PO BID to start Day 2 (hold if diarrhea)
  - metoclopramide 10 mg IV Q8H × 24 hours, then Q8H PRN
- For patient NOT being followed by Acute Pain Service**
  - ondansetron 4 mg PO/IV Q6H × 24 hours, then Q6H PRN for nausea
  - dimenhydrINATE 25 to 50 mg PO/IV Q4H PRN for nausea
  - antacid 10 to 30 mL PO Q1H PRN for gastric reflux
  - zopiclone 3.75 to 7.5 mg PO HS PRN for sleep
  - pantoprazole 40 mg PO DAILY × 48 hours, then MRP to reassess
  - acetaminophen 325 to 650 mg PO Q4H PRN for pain
  - Tylenol® #3 1 to 2 TABS PO Q4H PRN for pain (max 4,000 mg acetaminophen/24 hours)
  - HYDROmorphine 2 to 4 mg PO Q4H PRN for pain
  - HYDROmorphine 1 to 2 mg subcutaneously Q4H PRN for pain
  - HYDROmorphine 0.1 to 0.5 mg IV Q1H PRN for pain
  - morphine 5 to 10 mg PO Q4H PRN for pain
  - morphine 2.5 to 5 mg subcutaneously Q4H PRN for pain
  - morphine 1 to 4 mg IV Q1H PRN for pain
  - magnesium hydroxide laxative (Magnolax®) 30 mL PO BID to start Day 2 (hold if diarrhea)
  - metoclopramide 10 mg IV Q8H × 24 hours, then Q8H PRN

**9. ADDITIONAL ORDERS**

- Venous Thromboembolism (VTE) Prophylaxis – Adult PPO (# 829495)
- Anticipated extended duration thromboprophylaxis
  - Notify clinical pharmacist for patient teaching and Pharmacare low molecular weight heparin (LMWH) special authority request form (28 day duration)
- ET consult for:  Ileostomy  Colostomy  Urostomy  Wound

Date (dd/mm/yyyy)	Time	Prescriber's Signature	Printed Name or College ID#
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