

Whipple Enhanced Recovery After Surgery (ERAS)

Surgeon: _____

Surgery: _____

Please use this checklist to record your daily accomplishments. Remember, your post-operative course is individualized to you and may require adjustments or elimination of certain tasks from this list. Your entire surgical team will help you, and if you have questions or need clarification, just ask!!!

Post-operative Day 0 : _____ / _____ / _____

- Sit on edge of bed or out of bed to chair x 1 if possible
- Sips of clear liquids or ice chips
- Incentive spirometer and deep breathing exercises (5-10 times per hour while awake)
- Utilize PCA for pain control as needed

Discharge goals:

- Pain control
- Small and easy movements
- Nutritional Consult
- Endocrine consult if new diabetic

Whipple Enhanced Recovery After Surgery (ERAS)

Post-operative Day 1: _____ / _____ / _____

- Out of bed, in chair for all meals (6 hours daily) 2h 2h 2h
- Begin to walk (3) around the unit, especially after meals
- Clear liquid diet
- Chew gum
- Nutritional Supplements
- Incentive spirometer and deep breathing exercises (5-10 times per hour while awake)
- Utilize PCA for pain control as needed

Discharge goals:

- Pain control
- Ambulation
- Start Lovenox teaching
- Physical Therapy Consult
- Endocrine Consult if Blood Glucose uncontrolled
- Removal of NG tube
- Bowel regimen

Whipple Enhanced Recovery After Surgery (ERAS)

Post-operative Day 2: _____ / _____ / _____

- Out of bed, in chair for all meals (8 hours daily) 2h 2h 2h 2h
- Increase activity, walking especially after meals. 4 or more times
- Advance diet to full liquids
- Nutritional supplements
- Chew gum
- Incentive spirometer and deep breathing exercises (5-10 times per hour while awake)
- Start transitioning to oral pain medications

Discharge goals:

- Pain control with oral medication
- Lovenox teaching
- Removal of Foley. Urinating independently.
- Ambulation
- Bowel regimen
- Diabetic teaching if newly diagnosed

Whipple Enhanced Recovery After Surgery (ERAS)

Post-operative Day 3: _____ / _____ / _____

- Out of bed, in chair for all meals (8 hours daily) 2h 2h 2h 2h
- Increase activity, walking especially after meals. 4 or more times
- Advance to Regular diet
- Nutritional supplements
- Chew gum
- Incentive spirometer and deep breathing exercises (5-10 times per hour while awake)
- Continue on oral pain medications

Discharge goals:

- Pain control with oral medication
- Discontinue PCA
- Ambulation
- IV Saline-locked
- Demonstrate Lovenox self-administration
- Social work consult as needed

Whipple Enhanced Recovery After Surgery (ERAS)

Post-operative Day 4: _____ / _____ / _____

- Out of bed, in chair for all meals (8 hours daily) 2h 2h 2h 2h
- Increase activity, walking especially after meals. 4 or more times
- Regular diet for all meals
- Nutritional supplements
- Chew gum
- Incentive spirometer and deep breathing exercises (5-10 times per hour while awake)
- Continue on oral pain medications

Discharge goals:

- Pain control with oral medication
- Ambulation
- Removal of JP Drain (JP teaching if going home with drain)
- Saline Lock IV
- Nutrition consult as needed
- Lovenox self-administration

Whipple Enhanced Recovery After Surgery (ERAS)

Post-operative Day 5: _____ / _____ / _____

- Out of bed, in chair for all meals (8 hours daily) 2h 2h 2h 2h
- Increase activity, walking especially after meals. 4 or more times
- Regular diet for all meals
- Chew gum
- Incentive spirometer and deep breathing exercises (5-10 times per hour while awake)
- Continue on oral pain medications as needed

Discharge goals:

- Pain control with oral medications
- Ambulating safely
- Removal of all lines (JP teaching if going home with drain)
- Consults completed
- Lovenox self-administration including teach back method
- Diet toleration
- Return of bowel function