



Ritha M. Belizaire MD FACS FASCRS
Colon & Rectal Surgery

phone (call or text): 832-979-5670
fax: 832-346-1911
info@houstoncommunitysurgical.com
www.houstoncommunitysurgical.com

Enhanced Recovery After Surgery (ERAS) Protocol **For Colon and Rectal Surgery**

The aim of the ERAS protocol for colon and rectal surgery is to improve healing, lower the risk of post operative infection and decrease post operative pain.

You will need to pick up the following medications from the pharmacy:

- Miralax (polyethylene glycol) 238 gram bottle (over the counter)
- Dulcolax (bisacodyl) 5mg tabs (over the counter)
- Flagyl (metronidazole) 500mg tablets
- Neomycin 500mg tablets
- Journavx 50mg tablets

One Day Before Surgery

- Medication
 - Take metronidazole 500mg by mouth at 2pm, 3pm and 10pm
 - Take neomycin 1000mg by mouth at 2pm, 3pm and 10pm
 - Take Journavx 100 mg (2 tablets) in the morning and 50mg (1 tablet) in the evening
- Diet
 - You may eat a light breakfast.
 - Starting at **noon**, please only drink clear liquids. (See list below.)
- Prep
 - 2pm – take 4 tablets of the Dulcolax (total 20mg) with 8 ounces
 - 4pm – mix the entire 238 gram bottle of Miralax in 64 ounces of Gatorade/powerade/electrolyte drink. Start drinking 8oz every 15-20 minutes until the mixture is done. Slow down if you are getting nauseated.
 - You may continue to drink clear liquids during this time.

The Day of Surgery

- You should take all of your regular medications unless otherwise discussed with your doctor.
- Take 50 mg (1 tablet) of Journavx the morning before your surgery.
- Nothing to eat or drink after midnight.

	OK to Drink	Do Not Drink
Soups	- Clear Broth - Bouillon	- Any products with solid pieces of food, herbs or vegetables
Sweets	- Gelatin such as Jell-O - Flavored Ices or popsicles - Hard candy such as Life Savers	- Anything red or purple
Drinks	- Clear fruit juices such as apple, cranberry or lemonade - Soda such as 7-up, sprite, ginger ale or seltzer - Gatorade - Black coffee (no milk) - Tea (no milk or honey) - Water	- Juices with pulp - Nectars - Milk or cream - Alcohol - Anything red or purple

If you have any questions about the ERAS protocol, please call or text the office at (832) 979-5670.

1 DAY BEFORE SURGERY

Date: _____

☐

10 AM



Take 2 tablets (100mg) of Journavx

☐

12 PM



Clear liquids only (e.g., water, broth, apple juice). Stop all solid foods after this time.

☐

2 PM



- Metronidazole 500mg
- Neomycin 1000mg
- Dulcolax 20mg (4 tabs)

☐

3 PM



- Metronidazole 500mg
- Neomycin 1000mg

☐

4-7 PM



- Miralax: Drink 8 oz every 15-20 minutes until entire solution is consumed.

☐

10 PM



- Metronidazole 500mg
- Neomycin 1000mg
- Journavx 50mg (1 tab)

☐

12 AM



Nothing to eat or drink after midnight

DAY OF SURGERY

Date: _____

At least 2 HOURS before surgery:

☐

Take 1 tablet (50mg) of Journavx with a sip of water

☐

Take usual home medications with a sip of water unless directed to hold the medication.



Arrive to the hospital **2 hours** before your scheduled surgery time.