

Colorectal Surgery ERAS Protocol: Mad Lib Edition

1. Noun
2. Verb - Present Ends In Ing
3. Number
4. Adjective
5. Noun
6. Noun
7. Noun
8. Verb - Base Form
9. Noun
10. Noun
11. Adverb
12. Noun
13. Noun
14. Adjective

Colorectal Surgery ERAS Protocol: Mad Lib Edition

Patients should receive preadmission _____ Noun to help prepare them for surgery and set expectations.

Although this is standard practice, there is no evidence that _____ Verb - Present ends in ING at least 12 hours before

surgery improves outcomes. Instead, it is now recommended to reduce fasting time for liquids to

_____ Number hours before surgery. The protocol recommends using _____ Adjective acting anesthetic

agents. A mid-thoracic epidural activated before surgery blocks _____ Noun hormone release and lessen

postoperative insulin resistance. Addition of _____ Noun to the thoracic epidural infusion can improve

analgesia and decrease systemic opioid-related side effects. Using a laparoscopic technique for colon resection to

minimize the size of incisions decreases the risk of _____ Noun infection. It can also _____ Verb - Base Form

up the bowel movement process, a requirement for discharge. _____ Noun increases insulin resistance, muscle

loss, and decreases muscle strength. A more active recovery can reduce _____ Noun and increase lean body

composition in the week following surgery although the comparison to a more relaxed recover is less drastic at

30-90). It's suggested to use epidural local anesthetic or local anesthetic-opioid techniques for 2-3 days

_____ Adverb. Use of epidural analgesia can help speed up gut mobility after surgery and prevent

postoperative _____ Noun. High _____ Noun intake during and after surgery can slow gastrointestinal

function. If intravenous opioid analgesia was necessary, an _____ Adjective medication (alvimopan) can help

accelerate gastrointestinal recovery.