

Annexure B: Key ERAS elements protocol

Preoperative	Intraoperative	Postoperative
Pre admission counselling	Selective mid-thoracic epidural	Selective, mid-thoracic epidural
Carbohydrate preload	Short acting anaesthetic drugs	Early enteral feeding
Antibiotic prophylaxis	Maintain normothermia	Early mobilization
Thrombo-prophylaxis	Nausea & Vomiting prophylaxis	Prevent nausea and vomiting
Selective use of bowel preparation	Avoid long acting opioids	Avoid opioid analgesia
No prolonged fasting	Avoid fluid overload	Avoid fluid overload
No premedication	Avoid drains	Early removal of catheter
	No nasogastric tube	No nasogastric tube
		Reduce ileus: chewing gum Magnesium

Source: Nygren J et al¹³

(Oodit, Ljungqvist & Moodley. 2018: 9)