

# CERAS Protocol Audit

## Pre-Op Clinic Visit Checklist

- History and physical and signed consent form uploaded into IHIS
- Required preoperative labs and testing ordered and completed
- Evaluation for OPAC
- Smoking cessation referral placed for active smokers
- Bowel prep kit + Clearfast given to patient with verbal and written instructions
- CERAS patient education provided/reviewed with the patient

Alcohol Cessation	Smoking Cessation	"Pre-Habbing"	Preoperative Nutrition- Oral Carbohydrate Solution 2 Hours Prior to Surgery	Bowel Preparation- Mechanical Bowel Preparation and Oral Antibiotics

- Pre operative orders placed: **OSU IP SUR: PRE COLORECTAL SURGERY ADS**

Consult for anesthesia for epidural placement or intrathecal injection	Oxycodone 10mg PO (order placed for release in preop)	Gabapentin (<65 yo 800 mg PO, >65 yo 300 mg PO) (order placed for release in pre-op)	Acetaminophen 975 mg PO (order placed for release in pre-op)	Scopolamine Transdermal for patients < 65 yo (order placed for release in pre-op)

- Program Coordinator, Eliza Beal (Eliza.Beal@osumc.edu; 734-330-7172) notified that patient will be participating in the CERAS protocol, has been scheduled for surgery and date of scheduled surgery

## Preoperative/PACU Checklist

- Patient takes: 800 mg Gabapentin if < 65 yo (300 mg if > 65 yo), 975 mg Tylenol, 10 mg oxycodone
- After all consents are verified, the following medication will be given by preop nursing:
  - Scopolamine Transdermal (if ordered for patients < 65 yo only)
- Regional anesthesia placed (epidural [ ], intrathecal injection [ ])
- Patient took oral antibiotics and completed mechanical bowel preparation at home
- Patient drank oral carbohydrate solution evening prior AND 2-4 hours prior to surgery
- DVT prophylaxis given intraoperatively
- CERAS pacu order set placed: **OSU IP ANE: Frequent PACU Orders**, sub-section **CERAS Antiemetics and Analgesics**

## Postoperative Inpatient Checklist

- CERAS postoperative order placed: **OSU IP SUR: POST BOWEL RESECTION**
- Sequential compression devices ordered and patient compliant with their use
- Nutrition – advance diet as tolerated on POD0
- OOB to chair on POD0
- OOB to chair 2-4 hours POD1
  - Ambulated 2-4 walks on POD1; 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_
  - Foley dc'ed on POD 1 (Day Foley Dc'ed \_\_\_\_\_)
  - MIVF dc'ed on POD1
- OOB to chair 4-6 hours on POD2
  - Ambulated 4-6 walks on POD2; 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_

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## Postoperative Inpatient Checklist

- OOB to chair 4-6 hours on POD 3
  - Ambulated 4-6 walks on POD3; 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_
- OOB to chair 4-6 hours on POD 4
  - Ambulated 4-6 walks on POD4; 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_
- OOB to chair 4-6 hours on POD 5
  - Ambulated 4-6 walks on POD5; 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_
- OOB to chair 4-6 hours on POD 6
  - Ambulated 4-6 walks on POD6; 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_
- OOB to chair 4-6 hours on POD 7
  - Ambulated 4-6 walks on POD7; 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_
- OOB to chair 4-6 hours on POD 8
  - Ambulated 4-6 walks on POD8; 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_
- OOB to chair 4-6 hours on POD 9
  - Ambulated 4-6 walks on POD9; 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_
- Scheduled Pain Medications
  - Scheduled Tylenol given for 9 doses (975 mg TID)
  - Scheduled Ibuprofen given for 9 doses (600 mg TID)
  - Scheduled Gabapentin given until patient discharged (100 mg TID)
  - Optional Toradol for patients under 60 years old and with GFR > 60 (15 mg TID)
- Break Through Pain Medication:
  - Oxycodone 5-10 mg oral q4 hours PRN

Amount:					
Date:					

- Dilaudid 0.2-0.5 mg IV q 2 hours PRN

Amount:					
Date:					

- PCA if pain fails to be controlled (Date PCA Ordered \_\_\_\_\_)
- Scheduled Antiemetics – Continue Scopolamine Patch x3 days
- Breakthrough Antiemetics

- Zofran 4-8 mg q 6 hours oral or IV

Amount:					
Date:					

- Phenergan 6.25 – 12.5 mg q 6 hours oral or IV

Amount					
Date					

- Discharge planner meets with patient and family on POD1
- Follow-up appointments made prior to discharge
- Patients with colon cancer discharged with 28 days of DVT prophylaxis with lovenox