



# Enhanced Recovery After Surgery (ERAS) Gynaecologic Oncology

Patient information

## What is ERAS?

The Enhanced Recovery After Surgery (ERAS) program is a care pathway that aims to ensure every patient receives the best possible care throughout their surgical journey. This includes before surgery, during surgery and after going home.

Some doctors compare having major surgery to running a marathon. You wouldn't go into a marathon without any training and nor should you go into surgery without preparation. You don't need to be marathon fit, but surgery is stressful for the body, and the better you prepare your mind and body, the better you recover from surgery.

The ERAS program aims to:

- Help you recover better and faster, so you can return to your usual daily activities sooner
- Reduce the chance of a complication from surgery
- Reduce the chance of needing more surgery or returning to hospital
- Decrease the amount of time you spend in hospital
- Improve your overall hospital experience.

**There are 3 ERAS components that our ERAS nurse will go over with you in detail.**

## Before surgery

It is important that you understand what your surgery involves, how long you might spend in hospital, and what your recovery might look like. It is crucial that any medical conditions you may have, such as sleep apnoea, diabetes and low iron, are optimised. It is also important you go into surgery with enough food and water in your body. Usually this means eating and drinking some special energy drinks (which the team will provide you) until relatively close to the time of surgery.

## During surgery

It is our job to reduce any potential stress on your body from having an operation. This includes taking measures to reduce the risk of an infection (body wash, antibiotics, warming blankets, etc); reducing your risk of blood clots (with leg stockings, blood thinning medication, etc); and ensuring you have enough pain medicine and fluid during surgery.

## After surgery

We take measures to increase the speed of your recovery and return you to your normal self. This includes eating and moving soon after surgery, making sure that you can pass urine on your own, and medications to help with sickness, pain and blood clots.



## Preparing for your surgery

To help you best prepare for your surgery you will have a telehealth appointment (either phone or video call) with our specialist ERAS nurse. The nurse will discuss the program with you and ensure you understand ERAS.

You will have a total of 4 phone calls with the nurse: 2 before surgery (one several weeks prior to surgery and one close to surgery), and 2 after surgery (one several days after surgery and one a month after).

After your first phone call with the ERAS nurse, you will be provided with a link to some videos from our online 'Surgery School'. These are available in English, Greek, Mandarin, Vietnamese, Cantonese and Arabic.

The aim of Surgery School is to empower you and ensure you know what to expect throughout your surgical journey. These videos will:

- Explain ERAS in more detail
- Advise how you can optimise your health in the lead-up to your surgery, including healthy eating, exercise and quitting smoking
- Explain what you can expect during your hospital stay
- Give you an idea of the milestones we expect from you after your surgery.

It is recommended you watch these videos. You can watch them at your own pace and as many times as you like. It is recommended that your family and/or support people also watch them so that everyone's expectations around surgery are met.



The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



### Women and Newborn Health Service

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🌐 [kemh.health.wa.gov.au](http://kemh.health.wa.gov.au)

## Further information

Please let us know if you require any additional support to understand the ERAS program. We can provide both interpreter and Aboriginal liaison services.

For more information, please contact the ERAS nurse:

**Email:** [kemh.eras@health.wa.gov.au](mailto:kemh.eras@health.wa.gov.au)

**Mobile:** 0478 552 171

**Contact hours:** Monday, Tuesday, Friday 7am to 3pm; Thursday, 8am to 4pm; Wednesday, closed



This document can be made available in alternative formats on request.