

What is ERAS protocol and how does it affect you?

ERAS is a standard protocol designed to help patients undergoing major surgery achieve quicker recovery. If you have an upcoming surgery your doctor may recommend you take action to help improve your recovery after surgery!

Goals of ERAS:

- Minimize surgical stress response
- Reduce post-operation complications
- Shorten hospital length of stay
- Accelerate recovery from surgery
- Reduce costs
- Decrease morbidity

**What can you do?**

- The evening before surgery, drink 100 g carbohydrate clear liquid beverage
 - 2 Boost Breeze (each with 250 calories, 54 g carbohydrate, 10 g protein)
- Then, drink another 50 g carbohydrate clear liquid beverage 2-3 hours before surgery
 - 1 Boost Breeze (250 calories, 54 g carbohydrate, 10 g protein)

Ask your doctor if you need any further nutrition before or after your procedure to help with your recovery!