UCSF Benign Gynecology Enhanced Recovery Pathway

			ANESTHESIA	GYN MD	NURSING	PATIENT
DAYS B4		PREPARE		Assess for anemia and order CBC and Feritin. If anemia, order oral iron or IV iron.	Administer IV iron at infusion center if ordered.	
			Verify pre-op meds and labs ordered by Gyn (see below)	Informed consent		Learn post-op goals and plans for discharge.
			Phone or in person consult: provide pre-op instructions via MyChart (".PREPAREERAS")	Telemed of in person consult: patient education brochure .AVSERASALL		
				Use orderset #2122: med orders & instructions re: TAP block in case booking comments.		
Day of Surgery / Pre-op		MEDICATIONS	Pre-Op warming. PIV. Crystalloid at 30 ml/hr.	No bowel prep unless indicated	Complete Pre-Op RN checklist 30 min prior to OR start time	
				No Gabapentin for same day procedure and hysteroscopy. Avoid in elderly patients and those with renal insufficiency. Consider gabapentin 600mg once (for open procedures)	ICS teaching	Solid food allowed until day before surgery. Clear liquids taken up until 2 hours before arrival
				Acetaminophen 1000mg PO once	Diclofenac & APAP given once with sip of water. Urine pregnancy test.	
				Diclofenac (eGFR>60) 100mg PO once		
				*Scopalamine (age <60) 1.5mg TD once (if > 3RFs)	Pre-Op warming with bear hugger. IV placed. Crystalloid at 30mL/hr.	Risk of surgery and anesthesia will be discussed
			Verify pre-surgical type & screen/check specimen if appropriate	Verify pre-surgical type & screen/check specimen if appropriate	Verify pre-surgical type & screen/check specimen if appropriate	

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INTRA-OP	MEDICATIONS		Orogastric tube inserted if indicated for laparoscopic surgery (LUQ entry), placed to low intermittent suction.			
			Fluids NTE 2L unless EBL >300mL			
			Attempt to maintain patient temperature above 36.0 C.			
		ABX (Mainly for hysterectomies)	Antibiotic if indicated: Cefazolin — 2 g IV q4			
		TXA	TXA 10 mg/kg bolus => 1 mg/kg/hr *For EBL>300*	Requst TXA for expected EBL > 300		
		PONV	Dexamethasone 4mg IV x 1 after induction/before incision			
			Ondansetron 4mg IV x 1			
			*Fosaprepitatnt 150 mg IV x 1 (if > 3RFs)			
			Minimize opioid administration			
	PAIN ADJUNCT		*Bilateral TAP block. 20ml of Ropi 0.2% each side (For Open			
			*IV lidocaine 2mg/kg/hr *IV magnesium 30 mg/kg bolus over 30 minutes followed by 6 mg/kg/hr (For laparoscopic surgeries or if patient or provider declines TAP)	Surgeon infiltration 0.25% Bupivacaine		
			Check with surgeon on toradol administration (15 mg) at end of case			
			Consider checking hemacue at end of case	If Hemocue <7, order postop IV iron	Administer IV iron sucrose 300mg in 250 mL NS, infuse over 90 minutes intraop or in the PACU	
			Alveolar recruitment maneuver: sustained inflation by CPAP with pressures from 30 to 40 cmH2O for 30 seconds x 3 IMMEDIATELY prior to extubation. (laparoscopic cases)	Request Alveolar recruitment maneuver		
PACU	MEDS		Order opioid of choice: IV opioid (fentanyl/hydromorphone) + oral (oxycodone)	Post-op Orderset #2345 Benign Gyn Post op Addendum	Hydromorphone or Morphine IV PRN. Titrate to RR 12.	
			Order Antiemetics.			

			GYNECOLOGY SERVICE			NURSING	PATIENT
POD#0	MEDICATIONS	CHOOSE 1	Gabapentin	600mg PO qhs		Vital signs q4H, I&O shift	Out of bed @ 6 hrs post-op (if patient awake)
			Acetaminophen	1000mg PO or IV q6H		Activity: OOB to chair @ 6 hrs post-op	Diet: Regular
			*Toradol (if eGFR>60)	15mg IV q6h		Fluids: Maintenance IVF for 6 hrs post-op, then SLIV Diet: Regular.	Ambulation ASAP
			*Diclofenac (if eGFR>60)	50mg PO BID		GI ppx: Senna & Colace	
						Foley catheter out at 6 hours post-op	
			IV Dilaudid and Oxycodone PRN				
POD#1-Discharge			Continue above pain regimen while inpatient		No routine labs		Ambulation ASAP
			Discharge home with oral iron if anemia (HgB <11)		Include dot phrase '.ironpo' in discharge patient instructions		
			Confirm patient has home meds or Discharge with home meds: 1. Tylenol 325mg, 2 pills q 6 hrs prn pain #60 RF1 2. Ibuprofen 600mg, 1 pill q 6 hrs prn pain #30 RF1 3. Oxycodone 5mg, 1-2 q 4 hours prn severe pain #10-20 (10 LSC, 10-20 EOE, 20 Hyst or Open) 4. Polyethylene glycol prn constipation		Postop Instructions: .AVSERASALL		
			Home pain regimen to include: Acetaminophen, ibuprofen and oxycodone		Goal for discharge by noon	Goal for discharge by noon	Goal for discharge by noon

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