

EROS

**Enhanced Recovery following
Obstetric Surgery**



Pre-operative Targets

- Culture change – talk about early mobilisation and principles of EROS from booking
- Provide information leaflets (EROS and anaesthetic)
- Provide patient diary
- Hb optimisation
- Colostrum expression and storage
- Mother bring chewing gum for recovery

An outstanding experience for every patient.

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Post-natal Targets

- Breast feeding support
 - +/- pre-expressed colostrum
- Offer regular analgesia
- Increase mobilisation by:
 - Move around in bed whilst spinal still working
 - Walk (carrying catheter) prior to TWOC
 - Provide evening meal sat-out in chair as default
 - Early showering and self care, first evening
- Remove catheter:
 - If spinal before noon TWOC at midnight
 - If spinal after noon TWOC at 6am

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patient.