ENHANCED RECOVERY AFTER SURGERY (ERAS) PATH TO HOME GUIDE: BOWEL SURGERY

**DAY of SURGERY**
- **Breathing Exercises**: 10 X every hour
- **Activities**: Sitting
- **Pain Control**: Pills
  - Pain should be kept below 4
- **Nutrition**: Gum and liquids
- **Tubes & Drains**: Tube in arm, toilet symbol, no gut hook

**1 DAY AFTER SURGERY**
- **Breathing Exercises**: 10 X every hour
- **Activities**: Sitting, walking
- **Pain Control**: Pills
  - Pain should be kept below 4
- **Nutrition**: Gum, liquids, food as tolerated
- **Tubes & Drains**: Tube in arm, toilet symbol, no gut hook

**2 DAYS AFTER SURGERY**
- **Breathing Exercises**: 10 X every hour
- **Activities**: Sitting, walking
- **Pain Control**: Pills
  - Pain should be kept below 4
- **Nutrition**: Gum, liquids, food as tolerated
- **Tubes & Drains**: Tube in arm, toilet symbol, no gut hook

**3 DAYS AFTER SURGERY**
- **Breathing Exercises**: 10 X every hour
- **Activities**: Sitting, walking
- **Pain Control**: Pills
  - Pain should be kept below 4
- **Nutrition**: Gum, liquids, food as tolerated
- **Tubes & Drains**: Tube in arm, toilet symbol, no gut hook