

## DUKE ENHANCED RECOVERY

### Kidney Donor

#### PREOPERATIVE PHASE

##### EDUCATION in SURGICAL CLINIC

1. DEFINE EXPECTATIONS-Preoperative Counseling and Training
  - a. Exercise
  - b. Quit Smoking- 1 month prior to surgery
  - c. Quit drinking alcohol- 1 month prior to surgery
  - d. Healthy Diet
2. LABEL the patient in OR Case Request-“ERAS Protocol” in procedure description
3. PROVIDE instructions for individual care pathway and expected hospital stay
4. DEFINE DISCHARGE criteria
  - a. Medical criteria that the MD and team will monitor
  - b. Ambulating and self-care
  - c. Tolerating liquids enough to stay hydrated and to tolerate PO pain regimen

##### CONFIRMATION of OPTIMIZATION and READINESS-Pre Anesthesia Testing (PAT)-

1. IDENTIFY the ERAS patient
2. SCREEN for anesthetic risk and OPTIMIZING opportunities
3. DISTRIBUTE carbohydrate drink (Clearfast-12oz) and instructions- *Transplant department will ship to patient if phone screened*
4. DISTRIBUTE CHG sponges and instructions or Phone Screen patients instructed to use Dial or Safeguard soap.
5. PROVIDE written reinforcement of fasting guidelines- No food after midnight prior to surgery, Clear liquids until 2 hours before surgery and CHO drink prior to arriving at hospital

##### DAY of SURGERY, PREOP HOLDING

1. IDENTIFY ERAS patient and initiate protocol
2. DOCUMENT CHO drink was taken and document time
3. DOCUMENT if bowel prep completed or not- One dose of Miralax recommended day before surgery
4. ADMINISTER and DOCUMENT multimodal drugs
  - a. Acetaminophen 975 mg PO
  - b. Gabapentin 600 mg PO
  - c. ~~Scopolamine patch~~ removed June 2017
  - d. Aprepitant (Emend) for history of severe N/V

## **INTRAOPERATIVE PHASE- See Anesthesia Guidelines**

1. ADMINISTER VT PROPHYLAXIS
  - a. Heparin 5000 Units SC- in preop holding space
  - b. SCD's in place
2. ADMINISTER ANTIBIOTIC PROPHYLAXIS
  - a. First line - Cefazolin 1-2g IV, redose in 4 hours.
  - b. Second line, if allergic to Cefazolin, then Clindamycin 600 mg IV (redose in 6 hrs)
3. ADMINISTER MULTIMODAL PAIN MGT during surgery- See guidelines
4. AVOID intraoperative IV opioids (attending anesthesiologist approval required)
5. OPTIMIZE intraoperative fluids with GOAL DIRECTED FLUID THERAPY- See guidelines
6. PONV Prophylaxis- See guidelines
7. MAINTAIN normothermia (Temp >36)
8. ALERT surgeon if urine output is <0.5ml/kg/hr
9. MINIMIZE tubes, lines, and drains
  - a. No intra-abdominal drains
  - b. D/C Foley at end of case

## **POSTOPERATIVE PHASE**

1. IDENTIFY patient as ERAS protocol
2. ALLOW a diet immediately- Regular Diet
3. AMBULATE and/or Out of Bed one time on POD0 and 4 times daily until discharge
4. HOB elevated at 30 degrees at all times
5. OUT of BED at least 6 hours daily in addition to walks beginning POD1
6. MINIMIZE IVF to LR @ 50ml/hr until 0600 POD1 and then HL
7. ENFORCE continuous SCD usage from PACU arrival until discharge
8. INITIATE VT prophylaxis POD 1 with Heparin SC until discharge only
9. OBTAIN lab work as follows:
  - a. Hgb/Hct- evening draw on POD 0
  - b. Hgb/Hct, BMP in AM POD 1
10. ENFORCE multimodal, non-narcotic pain management as first line
  - a. Tylenol 650 mg po q6h scheduled
  - b. Gabapentin 100 mg po q8h scheduled
  - c. Toradol 15 mg IV q8h X 3, then D/C
  - d. Tramadol 25-50 mg po q6h prn
  - e. Fentanyl 25 mcg IV q1hr prn breakthrough pain X24 hours
11. CONTINUE laxative until first BM-
  - a. Senna-S, 2 tabs po BID
  - b. Miralax 17 Gm qd
12. PREVENT PONV
  - a. Zofran 4 mg IV q8h prn, nausea and vomiting
  - b. Promethazine 12.5 mg IV q6h prn for n/v not responsive to Zofran

13. ENFORCE Incentive Spirometry use Q 1-2h
14. ENCOURAGE gum chewing 3 times per day
15. ENFORCE defined discharge criteria
  - a. Reinforce expectations and discuss regularly with PATIENT, RN staff, PRM, and family
  - b. Anticipate discharge needs
    - i. Medications filled by Cancer Center pharmacy
    - ii. Follow-up appointment in Donor clinic 1-2 weeks
    - iii. Tylenol, Tramadol
    - iv. Gabapentin for 2 weeks
    - v. Zofran prn
    - vi. Laxative as needed (Senna and Miralax)