My Surgery Log Book

Enhanced Recovery After Surgery (ERAS) is a way to help you get better sooner after bowel surgery.

With ERAS, you play a big role in getting better sooner. You will have 4 goals:

- 1. get enough nutrition
- 2. chew gum to help your bowels move after surgery
- 3. get out of bed often
- 4. keep your pain and nausea under control

Use this log book to keep track as you're reaching your goals. Just check the boxes or fill in the blanks for each day you're in the hospital.

You can also use it to write down questions you have for your healthcare team.

Please don't take the log book home with you. Hand it in to the front desk when you're discharged.





Day of surgery

Date:				
Goal: Control p	pain and nausea			
Highest number of	on pain scale today from 1 to	10:		
Highest number of	on nausea scale today from 1	to 10:		
Goal: Eating ar	nd drinking			
Today I ate:	Today I drank:			
□ very well □ well	□ very well □ well	Number of cups (250 mL/8 ounces) of fluid I drank today:		
□ not well □ not at all	□ not well □ not at all			
I passed gas today	up) today: □ No □ Yes y: □ No □ Yes vement today: □ No □	times Yes		
Goal: Nutrition	supplement drinks			
Number of times	I've had a nutrition supplem	ent drink today: \Box \Box \Box \Box		
Goal: Chewing	gum for 30 minutes			
Number of times	I chewed gum for 30 minute	s today: \square \square \square		
Goal: Being ou	t of bed			
	$: \square$ any amount of time at a	\square 2 hours or more		
Questions for my	healthcare team:			

Day 1 after surgery

Date:					
Morning weight:kg					
Goal: Control pain and nausea					
Highest number on pain scale today (from 1 to 1	10):				
Highest number on nausea scale today (from 1 t	o 10):				
Goal: Eating and drinking					
Today I ate: Today I drank: □ very well □ very well □ well □ well □ not well □ not well □ not at all □ not at all	Number of cups (250 mL/8 ounces) of fluid I drank today:				
I vomited today: ☐ No ☐ Yes times I passed gas today: ☐ No ☐ Yes I had a bowel movement today: ☐ No ☐ Yes I had my urine tube taken out: ☐ No ☐ Yes Goal: Nutrition supplement drinks					
Number of times I've had a nutrition supplement	nt drink today:				
Goal: Chewing gum for 30 minutes					
Number of times I chewed gum for 30 minutes to Goal: A total of at least 6 hours	today: \square \square \square				
out of bed, sit up for meals, and walk at least 2 laps in the hallway	Questions for my healthcare team:				
I was up or sat up at meals:					
\square breakfast \square lunch \square dinner					
In the morning: \Box 2 hours \Box 2 hours In the afternoon: \Box 2 hours \Box 2 hours	Goals to reach before I can go home:				
Number of laps in the hallway:					

Day 2 after surgery

Date:			
Morning weight:	kg	Incision length:	
Goal: Control pain	and nausea		
Highest number on pai	in scale today (from 1 to 1	0):	
Highest number on nau	usea scale today (from 1 t	o 10):	
Goal: Eating and di	rinking		
□ very well □ well □ not well □ not at all I vomited today: □ N I had a bowel moveme I had my urine tube tak	ent today: No Yes		
Goal: Nutrition sup	plement drinks		
Number of times I've l	had a nutrition supplemen	t drink today: \square \square \square \square	
Goal: Chewing gum	n for 30 minutes		
Number of times I chewed gum for 30 minutes today: □ □ □			
Goal: A total of at le	east 8 hours out of be	d and laps	
I was up or sat up at m In the morning: \Box 2 h In the afternoon: \Box 2 Number of laps in the	ours \square 2 hours hours \square 2 hours	lunch □ dinner	
Questions for my healthcare team:			
Goals to reach before	I can go home:		

Day 3 after surgery

Date:					
Morning weight:	kg	Incision length:			
Goal: Control pain a	and nausea				
Highest number on pair	n scale today (from 1 to 1	10):			
Highest number on nau	Highest number on nausea scale today (from 1 to 10):				
Goal: Eating and dr	inking				
□ very well □ well □ not well □ not at all □ very well □ not well □ not at all □ not at all □ very well □ not well □ not well □ not at all □ not at all	Today I drank: ☐ very well ☐ well ☐ not well ☐ not at all o ☐ Yes times nt today: ☐ No ☐ Ye	Number of cups (250 mL/8 ounces) of fluid I drank today: I passed gas today: No Yes es			
Goal: Nutrition supp	olement drinks				
Number of times I've h	ad a nutrition supplemen	nt drink today: 🗆 🗆 🗆 🗆			
Goal: Chewing gum	for 30 minutes				
Number of times I chewed gum for 30 minutes today: □ □ □					
Goal: A total of at le	ast 8 hours out of be	d and laps			
I was up or sat up at median In the morning: □ 2 he In the afternoon: □ 2 he In the afternoon: □ 2 he In the afternoon In the head In the Internoon In Internoon In the Internoon In the Internoon In	ours	lunch □ dinner			
Goals to reach before I	I can go home:				

Day 4 after surgery Date: ______ kg Goal: Control pain and nausea Highest number on pain scale today (from 1 to 10): _______

Highest number of	n nausea scale today (from 1	1 to 10):		
Goal: Eating an	d drinking			
Today I ate: □ very well □ well □ not well □ not at all I vomited today:	Today I drank: □ very well □ well □ not well □ not at all □ No □ Yes tim	Number of cups (250 mL/8 ounces) of fluid I drank today: □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □		
I had a bowel mov	rement today: \square No \square	Yes		
Goal: Nutrition	supplement drinks			
Number of times I	've had a nutrition supplem	ent drink today: \Box \Box \Box \Box		
Goal: Chewing	gum for 30 minutes			
Number of times I	chewed gum for 30 minute	s today: \square \square \square		
Goal: A total of at least 8 hours out of bed and laps				
In the morning:	at meals:	□ lunch □ dinner		
Questions for my	healthcare team:			
Goals to reach be	fore I can go home:			