

My Surgery Log Book

This guide belongs to: _____

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.**

Adapted with permission from Encare AB

This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.

Day of surgery

Date: _____

Goal: Control pain and nausea

Highest number on pain scale today from 1 to 10: _____

Highest number on nausea scale today from 1 to 10: _____

Goal: Eating and drinking

Today I ate:

- very well
- well
- not well
- not at all

Today I drank:

- very well
- well
- not well
- not at all

Number of cups (250 mL/8 ounces) of fluid I drank today: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

I vomited (threw up) today: No Yes _____ times

I passed gas today: No Yes

I had a bowel movement today: No Yes

Goal: Nutrition supplement drinks

Number of times I've had a nutrition supplement drink today:

Goal: Chewing gum for 30 minutes

Number of times I chewed gum for 30 minutes today:

Goal: Being out of bed

I was up or sat up: any amount of time at all 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 10): _____

Highest number on nausea scale today (from 1 to 10): _____

Goal: Eating and drinking

Today I ate:

- very well
- well
- not well
- not at all

Today I drank:

- very well
- well
- not well
- 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 drink today:

Goal: Chewing gum for 30 minutes

Number of times I chewed gum for 30 minutes today:

Goal: A total of at least 6 hours out of bed, sit up for meals, and walk at least 2 laps in the hallway

I was up or sat up at meals:

- breakfast lunch dinner

In the morning: 2 hours 2 hours

In the afternoon: 2 hours 2 hours

Number of laps in the hallway: _____

Questions for my healthcare team:

Goals to reach before I can go home:

Day 2 after surgery

Date: _____

Morning weight: _____ kg Incision length: _____

Goal: Control pain and nausea

Highest number on pain scale today (from 1 to 10): _____

Highest number on nausea scale today (from 1 to 10): _____

Goal: Eating and drinking

Today I ate:

- very well
- well
- not well
- not at all

Today I drank:

- very well
- well
- not well
- 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 drink today:

Goal: Chewing gum for 30 minutes

Number of times I chewed gum for 30 minutes today:

Goal: A total of at least 8 hours out of bed and laps

I was up or sat up at meals: breakfast lunch dinner

In the morning: 2 hours 2 hours

In the afternoon: 2 hours 2 hours

Number of laps in the hallway: _____

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 and nausea

Highest number on pain scale today (from 1 to 10): _____

Highest number on nausea scale today (from 1 to 10): _____

Goal: Eating and drinking

Today I ate:

- very well
- well
- not well
- not at all

Today I drank:

- very well
- well
- not well
- 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

Goal: Nutrition supplement drinks

Number of times I've had a nutrition supplement drink today:

Goal: Chewing gum for 30 minutes

Number of times I chewed gum for 30 minutes today:

Goal: A total of at least 8 hours out of bed and laps

I was up or sat up at meals: breakfast lunch dinner

In the morning: 2 hours 2 hours

In the afternoon: 2 hours 2 hours

Number of laps in the hallway: _____

Questions for my healthcare team: _____

Goals to reach before I can go home: _____

Day 4 after surgery

Date: _____

Morning weight: _____ kg

Goal: Control pain and nausea

Highest number on pain scale today (from 1 to 10): _____

Highest number on nausea scale today (from 1 to 10): _____

Goal: Eating and drinking

Today I ate:

- very well
- well
- not well
- not at all

Today I drank:

- very well
- well
- not well
- 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

Goal: Nutrition supplement drinks

Number of times I've had a nutrition supplement drink today:

Goal: Chewing gum for 30 minutes

Number of times I chewed gum for 30 minutes today:

Goal: A total of at least 8 hours out of bed and laps

I was up or sat up at meals: breakfast lunch dinner

In the morning: 2 hours 2 hours

In the afternoon: 2 hours 2 hours

Number of laps in the hallway: _____

Questions for my healthcare team: _____

Goals to reach before I can go home: _____

