

# Enhanced Recovery After Surgery (ERAS)

Pre-Surgery Checklist



Pavilion  
for Women

Thank you for choosing Texas Children's Pavilion for Women for your surgery! Your care and well-being are important to us. We are committed to providing you with the best possible care using the latest technology.

The goal of our Enhanced Recovery After Surgery (ERAS) program is to reduce surgical stress, minimize pain and allow for earlier resumption of food intake and activity while reducing post-operative complications. It is important for you to participate in your recovery.

By working together, we hope to keep your hospital stay as short as possible and for you to return to normal activities as soon as possible. Please flip this sheet over to find helpful pre-surgery checklists.

## MY IMPORTANT INFORMATION

Name:

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Planned Surgery:

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Planned Surgery Date:

Post-Op Appointment:

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Surgeon:

Surgeon Office Phone Number:

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Estimated Length of Stay:

Estimate Return to Work:

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Scan the QR code to be connected to instructions, recommendations and best practices to prepare you for surgery and to help you through your recovery!

## PERI-OPERATIVE APPOINTMENT NAVIGATOR

Appointment Type	Recommended	Provider Name	Phone Number	Date	Time	Location
Surgeon	Yes					
Internist/Primary Care Provider	Yes No					
Medical Specialist	Yes No					
Physical Therapist	Yes No					
Dietitian	Yes No					
Pre-Anesthesia Testing (PAT)	Yes					PFW, 5th floor
Post-Operative Visit with Surgeon	Yes					

### PRE-SURGERY CHECKLIST #1

- Activate MyChart™ if you have not done so.
- Register with Hospital Admissions and familiarize yourself with your insurance coverage and financial responsibility.
- Schedule pre-operative appointment at your surgeon's office.
- Schedule appointment with internist or primary care physician (if needed).
- Schedule appointment with specialist physician(s) (if needed).
- Schedule appointment with pre-anesthesia testing (PAT). PAT will contact you via MyChart or via telephone to schedule an appointment. If you have not been contacted within 72 hours of your surgery, please call 832-826-3631 to schedule an appointment.
- If primary care physician/specialist physician(s) are not using MyChart, please make sure your surgeon has all results, images or consult notes given to you at pre-operative visits prior to the day of your surgery.
- At your pre-operative appointment with your surgeon and PAT appointment, you will be asked to provide a list of your allergies, prescriptions and non-prescription medications (with dosages and frequencies).
- Identify an adult care partner who can bring you to and from the hospital and who will stay with you for up to 24 hours after your surgery.
- If needed, obtain Family Medical Leave Act (FMLA) or leave paperwork from your place of employment and fax or email to your doctor's staff at \_\_\_\_\_ by \_\_\_\_\_.
- Your surgeon has determined that your anticipated return to work date is \_\_\_\_\_.
- Refer to and read the information on the Pavilion for Women ERAS website prior to your PAT appointment.

### PRE-SURGERY CHECKLIST #2

Gather what you **SHOULD** bring to the hospital:

- A valid photo ID (state ID card, driver's license or passport)
- Any paperwork given to you by the doctor and your living will/power of attorney, if available
- Your medication list including all medications (including over-the-counter), dosages and times per day
- A pair of comfortable, sturdy walking shoes
- All toiletries that you may need
- Your CPAP or BiPAP for sleep apnea, if you have one
- Eyeglasses in a case labeled with your name (no contact lenses)
- Case for dental appliances labeled with your name

Our mission at Texas Children's Pavilion for Women is to provide our patients with the highest quality health care. One of the best ways to do this is to ask our patients what we are doing right and what may need improvement. Throughout the course of your care, you may receive surveys asking about your experience. By sharing your thoughts and feelings, you can help us improve the care we provide.