

Appendix. Enhanced Recovery After Surgery (ERAS) protocol items and adherence

Supplementary Fig. 1. Key components of Enhanced Recovery After Surgery (ERAS) pathway utilized at our institution for radical cystectomy.

Active Patient Involvement		
Pre-operative	Intra-operative	Post-operative
•Pre-admission education	•Active warming	•Early oral nutrition
•Early discharge planning	•Opioid-sparing technique	•Early ambulation
•Reduced fasting duration	•Surgical techniques	•Early catheter removal
•Carbohydrate loading	•Avoidance of prophylactic NG tubes & drains	•Use of chewing gum
•No/selective bowel prep		•Defined discharge criteria
•Venous thromboembolism prophylaxis	•Pain & nausea management	
•Antibiotic prophylaxis	•Goal directed peri-operative fluid management	
•Pre-warming		
Audit of compliance & outcomes		
Whole Team Involvement		

Forbes C, et al. Defining postoperative ileus and associated risk factors in patients undergoing radical cystectomy with an Enhanced Recovery After Surgery (ERAS) program

Supplementary Fig. 2. Adherence to 12 key Enhanced Recovery After Surgery (ERAS) pathway components post-radical cystectomy from October 2014 to September 2016 (n=152). POD: postoperative day.

