

# Information for patients about **Enhanced Recovery After Surgery (ERAS)**

## **ERAS clinic appointment:**

**Time:** 8:00am-1:00pm

**Date:** Wednesday \_\_\_\_\_

Ward 66A, Pre-assessment unit on Level 4,  
Institute of Neurological Sciences  
Queen Elizabeth University Hospital  
1345 Govan Road  
Glasgow, G51 4TF

**☎ 0141 201 2194**

Your doctor will have advised you that you need to attend the Enhanced Recovery After Surgery (ERAS) clinic. The purpose of this clinic is to allow a full assessment to be carried out before your surgery. It also gives you a chance to meet some of the team who will be involved in your care. Surgery takes place on Mondays, Tuesdays and Thursdays. We will advise you of your surgery date after your ERAS clinic appointment.

The ERAS clinic takes place on a Wednesday morning.

Your appointment time will be at 8.00am and you should expect to be at the clinic until 1.00pm. The clinic is located in Ward 66A.

## **Your ERAS Clinic Appointment**

- We would encourage you to bring along a family member or friend to the clinic.
- If you have any questions please bring a note of these with you and we will aim to answer them on the day.
- You will also need a list of your current medications.

If you are unable to attend this clinic appointment, please contact the ERAS Pre-assessment clinic directly on

**☎ 0141 201 2194** or your local Clinical Nurse Specialist (CNS).

If you have been reviewed by your local specialist team you may not need to see all of the team at the ERAS clinic, however you may meet:

- **Consultant Surgeon** - Before your ERAS appointment you will have met one of the surgeons at the outpatient clinic. At that appointment you will have discussed the treatment options available, including the risks, benefits and consequences of the treatment.  
At the ERAS clinic, you may meet one of the surgical team and have the opportunity to go over the plan for your surgery.

However, you may need to have another shorter clinic appointment to meet the surgeon who will be doing your surgery and to discuss any concerns or questions and sign your consent form.

- **Dietitian** - they will discuss your nutritional care before and after surgery.
- **Head and Neck Clinical Nurse Specialist** - we will discuss the Patient Concerns Inventory (PCI) with you and how we can support you and your family. We will explain the surgery, other care required and answer any questions about your care and stay in hospital. We will also give you written information to take away.
- **Occupational Therapist** - will ask you questions about your home environment and how you manage your everyday activities. We will discuss what happens after surgery and any additional support you may need.
- **Physiotherapist** - will discuss your physical recovery, which includes physiotherapy the day after your surgery. We will ask you about your current levels of mobility and activity, and discuss any mobility issues that may arise after your surgery.
- **Pre-assessment nurse** - will ask you questions about your past medical history and current health as part of your anaesthetic assessment and will perform some routine tests such as swabs, bloods and heart tracing (ECG).
- **Consultant Anaesthetist** - one of the team will assess your health and fitness for the surgery and discuss your specific anaesthetic risks with you. Some further investigations may be required following this. We will advise you on what you can do to improve your health before your possible operation, which can have a positive influence on post-operative outcome.

- **Speech and Language Therapist** - will discuss how your speech and swallowing might be affected by your surgery in the short term and long term. We will ask about whether or not your speech or swallowing is already affected and we may carry out a simple swallow assessment at the clinic. We may provide you with some advice and, or exercises, if we feel this will help with the recovery of your swallowing in the long term.

## Contact Details

Your local Head and Neck Clinical Nurse Specialist (CNS):

Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

They are your main point of contact before you come into hospital and when you go home from hospital.

Blank space below for questions or notes:

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**For advice on what you can do to get ready for cancer treatments or surgery**

