






| DAY   | -1  | 0   | 1  | 2                                      | 3  | 4  |
|---|---|---|--|--|--|--|
| DATE  | ___/___/___   | OPERATION   | ___/___/___  | ___/___/___                            | ___/___/___                                    | DISCHARGE                                      |
|    | Be active<br>Exercise to raise heart rate                       | Deep breathing  | Deep breathing<br><b>Sit:</b> 2 x 1 hour      2 x 3 hours<br><b>Walk:</b> 1 x 100m if ok      2 x 200 metres |  | Sit out in own clothes<br>3 x 400 metres       | Freely mobilise                                |
|    | Carbohydrate (CHO) pre-load drink x 2<br>Clear fluid from 00:00 | <b>06:00</b> - 1 x pre-load<br><b>Post-op</b> - Sips -> free fluids   | Free fluids<br>Start Soft diet      Soft diet -> Light diet  |  | Light diet as tolerated                        |  |
|    | Continue regular meds   | <b>Pre-op:</b> Pregabalin 150mg loading<br><b>Post-op:</b> Pregabalin 75mg twice daily<br>Spinal + RS block<br>PCA, Paracetamol | <b>Pain team review</b><br><b>PCA down at 8am</b><br>Start oral codeine +/- NSAID, oramorph, laxido          |  | Optimise analgesia<br>Prepare TTOs             | Stop Pregabalin at discharge                   |
|   |   | NGT out end of case<br>Aim for no drains  | <b>Remove catheter 6am</b><br>Aim to remove CVP  | Urinary catheter out if not previously | Remove IV cannula                              |  |
|  | Call to check arrival time                                      | Start discharge planning – refer to SAFER CCD   |  | Learn how to do Tinzaparin injections  | <b>Aim for discharge</b> if SAFER CCD achieved | Prepare to go home - <b>SAFER CCD achieved</b> |
| <b>Voice any questions at any time to your team</b>                                 |   |   |  |  |  |  |



- Get-up**      Early mobilisation
- Eat**      Early enteral feeding
- Analgesia**      Multimodal, opioid-sparing analgesia; medications
- Remove**      Timely line/drain removal
- Speak up**      Encourage questions/timely discharge planning

### SAFER Clinical Criteria for Discharge (CCD)

1. Mobilising freely
2. Eating and drinking adequately
3. Pain well controlled with oral analgesia
4. All lines / drains removed; or plan for removal as outpatient
5. All concerns addressed, contact details given, follow up arranged

RS – Rectus sheath; PCA – patient-controlled analgesia; NGT – nasogastric tube; CVC – central venous catheter; TTOs – “To take out” medications; Tinz – Tinzaparin injection  
NSAID – Non-Steroidal Anti-inflammatory drug