






DAY	-1	0	1	2	3	4	5	6	7
DATE	___/___/___	OPERATION	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	DISCHARGE
	Be active Exercise to raise heart rate	Deep breathing	Deep breathing Sit: 2x1hour 2x3hours Most of day Walk: 2x30m 2x60m 2x200m 2x400m			Sit out in own clothes		Freely mobilise	
	Carbohydrate pre-load drink x 2 Clear fluid from 00:00	06:00 1 x pre-load Post-op Sips -> free fluids	Free fluids Soft diet Light diet		Normal diet as tolerated		Normal diet as tolerated		
	Continue regular meds	Spinal + RS block PCA Paracetamol	Pain team review Consider NSAID PCA down PO codeine		Pain team review if required Optimise analgesia		Oral analgesia Prepare TTOs		
	Shower well before coming to hospital	Avoid drains unless pancreatic Avoid NGT	Consider urinary catheter out	Urinary catheter out CVC Out		If pancreatic drain in situ check amylase		Remove IV cannula	
	Call to check arrival time	Start discharge planning – refer to SAFER CCD				Learn how to do Tinzaparin injections		Confirm Tinz injection technique	Prepare to go home – SAFER CCD achieved
		Voice any questions at any time to your team					Discharge planning		



- 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; eating and drinking adequately
2. Pain well controlled with oral analgesia
3. Independent with care for wounds and dressings, or District Nurse arranged
4. Self-administering tinzaparin injections
5. All lines / drains removed; or plan for removal as outpatient
6. 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 prescription; Tinz - Tinzaparin injection