

## Enhanced Recovery After Surgery

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### Getting Better Sooner

*"I found filling the diary in each day beneficial. I was able to chart my progress and see a difference e.g. eating more each day and being able to shower myself. I found it an encouragement."*

Margaret (patient)

*"Interesting diary, not sure how accurate my responses have been! Good motivation and reminder to eat, drink, get out of bed and increase exercise"*

David (patient)

## ERAS Diary

This diary will help chart your progress and will give you the opportunity to comment on how you are feeling during your stay in hospital. We would be grateful if you would take some time to complete this diary every day as it will help you to reflect on how you are doing. It also gives us important feedback to improve your experience and enhance your recovery.

We will be looking specifically at things such as:

- ▶ Moving around
- ▶ Pain and nausea (feeling sick)
- ▶ Eating and drinking
- ▶ How you are feeling.

## Confidentiality

All the information you provide will be treated in the strictest of confidence. The diary is completely anonymous, so you don't need to write your name anywhere in it. However, if you would like to receive feedback on your comments there is space to add your name and contact information.

## What will it involve me doing?

Completing the diary is voluntary and your care will not be affected in any way if you choose not to write in it. However, it will help us better understand your recovery needs as well as give you more control over your recovery. You can write down your thoughts and feelings throughout this diary. Please circle the answers that best show how you are feeling and whether you feel you are able to achieve the goals we have set out for you. You can discuss your diary entries with the nurse caring for you if you wish.

### **Will the staff know I am keeping a diary?**

The surgeons and nurses will be aware that you are writing a daily diary and may ask you questions about your diary entries such as:

- ▶ How long have you been out of bed?
- ▶ How many supplement drinks have you had today?
- ▶ Do you have any questions about your discharge plan?

### **What will happen to the diary once I have completed it?**

Please return your diary when you leave the hospital by handing it to a member of staff on the ward. The ERAS team will look at the diary to see if we can learn from your experience to improve our service. We will then look at your comments and if appropriate, share them with the ward team, to provide them with feedback.

### **Key points**

- This diary will remain in your possession while you are staying in hospital.
- You do not have to include any identifiable information in this diary if you do not want to.
- This diary should be completed each day during your hospital stay.
- This diary aims to set daily goals and will also highlight the important aspects of your recovery after your operation.

Please ask the nursing staff or Enhanced Recovery after Surgery (ERAS) team for additional information.

## What is Enhanced Recovery?

The aim of the Enhanced Recovery Programme is to get you back to full health as quickly as possible after your operation. Research has shown that the earlier you are out of bed and eating and drinking, the better. This will speed up your recovery and make complications less likely to develop.

### What to expect

During your recovery, you can expect to feel some pain and perhaps a bit sick at times. The nursing staff can give you medication to manage this. You will also feel very tired and this can take several weeks to return to normal. Your appetite may be reduced and your bowel movements (stools/poo) may be irregular for a while after your operation.

### Day of your operation

You will hopefully be admitted on the day of your operation so try and keep your activities as normal as possible before you come into hospital. If possible, try to increase your exercise before coming in to hospital and aim to stop smoking before your operation. The NHS Lothian '**Fit for Surgery**' booklet has more information.

You may be given some special Carbohydrate drinks that are designed to prepare you for your operation. We would also recommend that you add some carbohydrate-rich food into your diet for a day or two before your operation e.g. pasta. Once you have had your operation, you will be able to drink as you wish and you may be offered a carbohydrate supplement drink.

### **Day one after surgery**

It is important to get you up and about as much as possible so today, you should expect to be sitting out of bed and taking short walks supervised by the nursing staff.

If possible, we will remove your catheter, drip and any other lines that will allow you to get around easier. You will hopefully be allowed to eat today and we would expect you to continue drinking freely as you are able. If you can't manage anything to eat, we would recommend drinking the supplement drinks that will be offered or help yourself to the drinks that are kept in the patient snack fridges in the ward areas.

We will give you medicine if you are feeling nauseated (sick) as we would like you to be able to drink freely and eat as you feel able to.

If you have a stoma, the nurses in the ward will work with you to learn how to look after this yourself and the stoma team will support you as required.

### **Day two after surgery**

You should be aiming to get up as much as possible. You should be able to get dressed and walk around the ward independently. There is a walkway that we would hope you can use more and more as you begin to feel better. If you have any problems getting up and about, we can refer you to the physiotherapy team if needed.

You should continue eating and drinking freely and we would hope to see some bowel activity today (usually passing wind). Your pain killers will be reviewed each day and changed if needed to give you the best pain relief possible to allow you to get up and about.

### **Day three after surgery and onwards**

You should expect to feel stronger as each day passes but you will still feel tired so you should rest regularly. You will be encouraged to eat and drink as you feel able to and we will give you advice about whether there are any foods you should avoid following your operation.

We will be able to send you home when:

- ▶ You are eating and drinking without feeling sick
- ▶ You are up and about and walking independently
- ▶ You are comfortable with pain killers
- ▶ Your bowels are active – passing wind
- ▶ There are no other problems and the doctors are happy.

### **Discharge**

You should expect to go home around 5 days after your operation so it is important to let your relatives know to expect that. The surgical team will review you daily and the nursing staff will work with you to achieve your daily goals as described in this diary.

When you are discharged home, someone from the colorectal team may call you. These calls are to make sure you are recovering well after you get home, that your bowels are working, and that you are getting around okay. You may also be given a surgical advice line number so that you can contact someone from the surgical team if you are worried.

## Carbohydrate Drinks

Before your operation, it is recommended that you eat and drink a healthy, well balanced diet. Carbohydrates are found in foods like pasta, bread and potatoes, so it is recommended that you add more carbohydrates to your diet before your operation. For example, perhaps have a pasta dinner the night before (unless you have been given other instructions by your medical professional). If you have been asked to take bowel preparation, you may be asked to drink additional 'pre-op' drinks the night before your operation as well.

### Pre-Op drinks

These 'Pre-Op' drinks you have been given have been specifically designed to be taken the morning of your operation. They are designed to give you some extra Carbohydrates which help give the body energy and allow you to heal better after your surgery.



**If your operation is in the morning:**

**1 drink at 06.00am**

**and**

**1 drink at 06.15am**

**You should have nothing to eat or drink (nil by mouth) from 06.30am**



**If you are Diabetic, please do not take these drinks**

**0700**

If you are asked to **arrive at 7:00am:**

- ▶ **Do not eat any food after midnight**
- ▶ **You may drink water or clear fluids up until 06:30am**
- ▶ Do not chew gum or suck sweets

**1100**

If you have been asked to **arrive at 11:00am:**

- ▶ You are **allowed a light breakfast** - black tea or coffee and one slice of toast only
- ▶ **Do not eat any food after 7:00am**
- ▶ **You may drink water or clear fluids up until 10:30am**

### What are 'Clear Fluids'?

Clear fluids include:

- ✓ Water
- ✓ Diluting juice
- ✓ Black tea (no milk)
- ✓ Black coffee (no milk)
- ✓ 'Pre-op' carbohydrate drinks

You must **not drink:**

- ✗ Drinks containing milk
- ✗ Fresh fruit juice
- ✗ Fizzy drinks or juice

It is **very important that you follow these instructions**. If you do not, **your operation may be cancelled**. If you have any questions, please ask your nurse at your pre-assessment appointment.



## What to Eat Before Your Surgery

Based on a review of the science, and a study conducted by a team of anaesthetists at St John's Hospital, we suggest that you try to eat well for a day or so before coming into hospital for your operation.

Having an operation is similar to taking exercise - you need a lot of stored energy to prevent exhaustion and to help you get better. Athletes eat lots of pasta as "carbohydrate loading". We have reason to believe that one or two big pasta meals in the day or two before your operation will build up your energy store and may hasten your recovery. Pasta is a complex carbohydrate, and much better than starchy potatoes or rice. It is also much better than sugar, which is a simple carbohydrate and does not help increase your energy stores as well.

So, if there are no reasons to avoid pasta, please include some in your lunch or evening meal for a day or two before your operation. This could be in the form of spaghetti bolognese, lasagne, or macaroni cheese, for example. Eat an amount that you feel comfortable with- do not force yourself.

Please be aware that, you must also follow the fasting instructions on the morning of surgery.

Your operation will go ahead whether or not you manage to eat this special diet of extra pasta. This extra feeding is just an added bonus.



# Diary

**Day of  
Surgery**

**Day 1**

**Day 2**

**Day 3**



# Evening After Surgery



**Fluids** (includes supplements e.g. Fortisip / Ensure)

**Advice** Try to drink as much as you feel able to. This should include at least one supplement drink

**Action** Write down what you have managed to drink

Type of drink	Amount
Water	mls
Juice	mls
Tea/ Coffee	mls
Supplement drink	mls
Other	mls
<b>Total amount</b>	<b>mls</b>

Glass of water = 200ml

Tea/Coffee = 150ml

Supplement drink = 200ml

**Progress** If you have not had a drink, was it because: (please tick an answer below)

Did not wish to have a drink ☐

Not offered ☐

I felt sick ☐

Other ☐

Surgeon or nurse did not allow me ☐

## Bowels

It is normal for your bowel function to be a bit irregular after your operation (please circle your answer)

I have passed wind	Yes	No
I have had a bowel movement (stools/poo)	Yes	No

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## Getting Out of Bed

**Advice** Getting out of bed helps with your breathing and circulation after surgery. Even though you may have drips and attachments, it's ok to get out of bed for a short time if possible

**Action** Have you managed to get out of bed at all?

Yes ☐

No ☐

**Progress** If no, was it due to: (please tick an answer below)

Not feeling well ☐

Not feeling comfortable ☐

Not wanting to ☐

Not able to ☐

Not asked to by a nurse ☐

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## Deep Breathing

**Advice** You should be able to do your breathing exercises comfortably every hour. If you cannot, especially because of pain, please let us know.

**Action** Have you practiced your deep breathing exercises?

Yes ☐

No ☐

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## Pain and Nausea

Are you feeling comfortable? (pain well controlled) Yes ☐ No ☐

Are you feeling nauseous (sick)? Yes ☐ No ☐

Have you vomited? Yes ☐ No ☐

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## How are you feeling?

Please circle how you are feeling today.



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**Notes** - a space for you to make your own notes about your recovery and your progress so far...

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# Day One



**Fluids** (includes supplements e.g. Fortisip / Ensure)

**Advice** Try to drink as much as you feel able to. This should include at least one supplement drink

**Action** Write down what you have managed to drink

Type of drink	Amount
Water	mls
Juice	mls
Tea/ Coffee	mls
Supplement drink	mls
Other	mls
<b>Total amount</b>	<b>mls</b>

Glass of water = 200ml

Tea/ Coffee = 150ml

Supplement drink = 200ml

**Progress** If you have not had a drink, was it because: (please tick an answer below)

Did not wish to have a drink ☐

Not offered ☐

I felt sick ☐

Other ☐

Surgeon or nurse did not allow me ☐



## Food

**Advice** You should eat as you feel able to, aiming to return to a normal diet. It's not unusual to lose your appetite following surgery so it may take you a couple of days to build up to your normal diet again.

**Action** You should be encouraged to eat small amounts of food today (e.g. soups/ puddings).

Please circle how much of your food you have managed to eat today.

Meal	Amount			
Breakfast	All	Most	Less than half	None
Lunch	All	Most	Less than half	None
Dinner	All	Most	Less than half	None
Supper	All	Most	Less than half	None

**Progress** If you have not been able to eat today was it because you were: (please tick an answer below)

Feeling sick / been sick ☐

Not offered food ☐

Not allowed to eat yet ☐

Other ☐

Any snacks? Please list a few that you have enjoyed.

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## Bowels

It is normal for your bowel function to be a bit irregular after your operation (please circle your answer)

I have passed wind	Yes	No
I have had a bowel movement (stools/poo)	Yes	No

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## Stoma Care

If you have a stoma (ileostomy or colostomy) it is important to start participating with your stoma care as soon as possible after surgery.

Please complete the following questions each day:

Has your stoma passed wind today?	Yes	No
Has your stoma passed stool (poo) today?	Yes	No
Have you changed your stoma bag today?	Yes	No

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## Getting Out of Bed and Walking

**Advice** It is important to get you up and about as much as possible. This should include short walks.

**Action** How many times have you walked today? (Please circle)

1                      2                      3                      4                      More

How long have you been out of bed today? (please circle)

Less than 1 hr    1-2 hrs    2-3 hrs    3-4 hrs    More than 4 hrs

**Progress** If you have not been out of bed today, was it because:  
(please tick an answer below)

Not feeling well ☐

Not feeling comfortable ☐

Not wanting to ☐

Not able to ☐

Not asked to by a nurse ☐

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## Leg Exercises

**Advice** It is important to keep moving after your operation and the team will encourage you to move around when lying in bed or sitting in the chair.

**Action** Have you done your leg exercises today?

Yes ☐

No ☐

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## Deep Breathing

**Advice** You should be able to do your breathing exercises comfortably every hour. If you cannot, especially because of pain, please let us know.

**Action** Have you practiced your deep breathing exercises?

Yes ☐

No ☐

## Pain and Nausea

Are you feeling comfortable? (pain well controlled)

Yes ☐

No ☐

Are you feeling nauseous (sick)?

Yes ☐

No ☐

Have you vomited?

Yes ☐

No ☐

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## Thoughts and Feelings

Please circle how you are feeling today.



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**Notes** - a space for you to make your own notes about your recovery and your progress so far...

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# Day Two



**Fluids** (includes supplements e.g. Fortisip / Ensure)

**Advice** Try to drink as much as you feel able to. This should include at least one supplement drink

**Action** Write down what you have managed to drink.

Type of drink	Amount
Water	mls
Juice	mls
Tea/ Coffee	mls
Supplement drink	mls
Other	mls
<b>Total amount</b>	<b>mls</b>

Glass of water = 200ml

Tea/ Coffee = 150ml

Supplement drink = 200ml

**Progress** If you have not had a drink, was it because (please tick an answer below)

Did not wish to have a drink ☐

Not offered ☐

I felt sick ☐

Other ☐

Surgeon or nurse did not allow me ☐

## Food

**Advice** You should eat as you feel able to, aiming to return to a normal diet. Even small amounts of food speed up your recovery by giving you an appetite and making the muscles and nerves in your bowel work again.

**Action** You will be encouraged to eat small amounts of light food today (soups / puddings / snacks).

Please circle how much of your food you have managed to eat today.

Meal	Amount			
Breakfast	All	Most	Less than half	None
Lunch	All	Most	Less than half	None
Dinner	All	Most	Less than half	None
Supper	All	Most	Less than half	None

**Progress** If you have not been able to eat today was it because you were: (please tick an answer below)

Feeling sick / been sick ☐

Not offered food ☐

Not allowed to eat yet ☐

Other ☐

Any snacks? Please list a few that you have enjoyed.

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## Bowels

It is normal for your bowel function to be a bit irregular after your operation (please circle your answer)

I have passed wind	Yes	No
I have had a bowel movement (stools/poo)	Yes	No

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## Stoma Care

If you have a stoma (ileostomy or colostomy) it is important to start participating with your stoma care as soon as possible after surgery.

Please complete the following questions each day:

Has your stoma passed wind today?	Yes	No
Has your stoma passed stool (poo) today?	Yes	No
Have you changed your stoma bag today?	Yes	No

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## Getting Out of Bed and Walking

**Advice** It is important to get you up and about as much as possible. This should include short walks.

**Action** How many times have you walked today? (Please circle)

1                      2                      3                      4                      More

How long have you been out of bed today? (please circle)

Less than 1 hr    1-2 hrs    2-3 hrs    3-4 hrs    More than 4 hrs



**Progress** If you have not been out of bed today, was it because:  
(please tick an answer below)

Not feeling well ☐

Not feeling comfortable ☐

Not wanting to ☐

Not able to ☐

Not asked to by a nurse ☐

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## Deep Breathing

**Advice** You should be able to do your breathing exercises comfortably every hour. If you cannot, especially because of pain, please let us know.

**Action** Have you practiced your deep breathing exercises?

Yes ☐

No ☐

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## Pain and Nausea

Are you feeling comfortable? (pain well controlled) Yes ☐ No ☐

Are you feeling nauseous (sick)? Yes ☐ No ☐

Have you vomited? Yes ☐ No ☐

## Thoughts and Feelings

Please circle how you are feeling today.



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**Notes** - a space for you to make your own notes about your recovery and your progress so far...

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## Day Three



**Fluids** (includes supplements e.g. Fortisip / Ensure)

**Advice** Try to drink as much as you feel able to. This should include at least one supplement drink.

**Action** Write down what you have managed to drink.

Type of drink	Amount
Water	mls
Juice	mls
Tea/ Coffee	mls
Supplement drink	mls
Other	mls
<b>Total amount</b>	<b>mls</b>

Glass of water = 200ml

Tea/ Coffee = 150ml

Supplement drink = 200ml

**Progress** If you have not had a drink, was it because: (please tick an answer below)

Did not wish to have a drink

☐

Not offered

☐

I felt sick

☐

Other

☐

Surgeon or nurse did not allow me

☐

## Food

**Advice** You should eat as you feel able to, aiming to return to a normal diet. Even small amounts of food speed up your recovery by giving you an appetite and making the muscles and nerves in your bowel work again.

**Action** You will be encouraged to eat small amounts of light food today (soups / puddings / snacks).

Please circle how much of your food you have managed to eat today.

Meal	Amount			
Breakfast	All	Most	Less than half	None
Lunch	All	Most	Less than half	None
Dinner	All	Most	Less than half	None
Supper	All	Most	Less than half	None

**Progress** If you have not been able to eat today was it because you were: (please tick an answer below)

- Feeling sick / been sick ☐
- Not offered food ☐
- Not allowed to eat yet ☐
- Other ☐

Any snacks? Please list a few that you have enjoyed.

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## Bowels

It is normal for your bowel function to be a bit irregular after your operation (please circle your answer)

I have passed wind	Yes	No
I have had a bowel movement (stools/poo)	Yes	No

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## Stoma Care

If you have a stoma (ileostomy or colostomy) it is important to start participating with your stoma care as soon as possible after surgery.

Please complete the following questions each day:

Has your stoma passed wind today?	Yes	No
Has your stoma passed stool (poo) today?	Yes	No
Have you changed your stoma bag today?	Yes	No

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## Getting Out of Bed and Walking

**Advice** It is important to get you up and about as much as possible. This should include short walks.

**Action** How many times have you walked today? (Please circle)

1                      2                      3                      4                      More

How long have you been out of bed today? (please circle)

Less than 1 hr    1-2 hrs    2-3 hrs    3-4 hrs    More than 4 hrs

**Progress** If you have not been out of bed today, was it because:  
(please tick an answer below)

Not feeling well ☐

Not feeling comfortable ☐

Not wanting to ☐

Not able to ☐

Not asked to by a nurse ☐

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## Deep Breathing

**Advice** You should be able to do your breathing exercises comfortably every hour. If you cannot, especially because of pain, please let us know.

**Action** Have you practiced your deep breathing exercises?

Yes ☐

No ☐

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## Pain and Nausea

Are you feeling comfortable? (pain well controlled) Yes ☐ No ☐

Are you feeling nauseous (sick)? Yes ☐ No ☐

Have you vomited? Yes ☐ No ☐

## Thoughts and Feelings

Please circle how you are feeling today.



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**Notes** - a space for you to make your own notes about your recovery and your progress so far...

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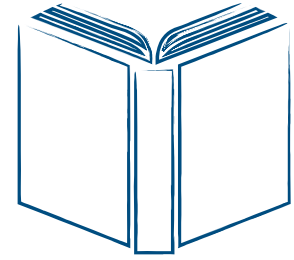
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## Day Four Onwards

As your recovery progresses, please continue to follow this guidance every day. You can ask the enhanced recovery team for more pages if you wish to continue writing down what you have achieved each day beyond day four.



**Fluids** (includes supplements e.g. Fortisip / Ensure)

**Advice** Try to drink as much as you feel able to. This should include at least one supplement drink.

**Action** Write down what you have managed to drink.

Type of drink	Amount
Water	mls
Juice	mls
Tea/ Coffee	mls
Supplement drink	mls
Other	mls
<b>Total amount</b>	<b>mls</b>

Glass of water = 200ml

Tea/ Coffee = 150ml

Supplement drink = 200ml

**Progress** If you have not had a drink, was it because: (please tick an answer below)

Did not wish to have a drink ☐

Not offered ☐

I felt sick ☐

Other ☐

Surgeon or nurse did not allow me ☐

## Food

**Advice** You should eat as you feel able to, aiming to return to a normal diet. Even small amounts of food speed up your recovery by giving you an appetite and making the muscles and nerves in your bowel work again.

**Action** You will be encouraged to eat small amounts of light food today (soups / puddings / snacks).

Please circle how much of your food you have managed to eat today.

Meal	Amount			
Breakfast	All	Most	Less than half	None
Lunch	All	Most	Less than half	None
Dinner	All	Most	Less than half	None
Supper	All	Most	Less than half	None

**Progress** If you have not been able to eat today was it because you were: (please tick an answer below)

Feeling sick / been sick ☐

Not offered food ☐

Not allowed to eat yet ☐

Other ☐

Any snacks? Please list a few that you have enjoyed.

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## Bowels

It is normal for your bowel function to be a bit irregular after your operation (please circle your answer)

I have passed wind	Yes	No
I have had a bowel movement (stools/poo)	Yes	No

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## Stoma Care

If you have a stoma (ileostomy or colostomy) it is important to start participating with your stoma care as soon as possible after surgery.

Please complete the following questions each day:

Has your stoma passed wind today?	Yes	No
Has your stoma passed stool (poo) today?	Yes	No
Have you changed your stoma bag today?	Yes	No

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## Getting Out of Bed and Walking

**Advice** It is important to get you up and about as much as possible. This should include short walks.

**Action** How many times have you walked today? (Please circle)

1                      2                      3                      4                      More

How long have you been out of bed today? (please circle)

Less than 1 hr    1-2 hrs    2-3 hrs    3-4 hrs    More than 4 hrs

**Progress** If you have not been out of bed today, was it because:  
(please tick an answer below)

Not feeling well ☐

Not feeling comfortable ☐

Not wanting to ☐

Not able to ☐

Not asked to by a nurse ☐

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## Deep Breathing

**Advice** You should be able to do your breathing exercises comfortably every hour. If you cannot, especially because of pain, please let us know.

**Action** Have you practiced your deep breathing exercises?

Yes ☐

No ☐

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## Pain and Nausea

Are you feeling comfortable? (pain well controlled) Yes ☐ No ☐

Are you feeling nauseous (sick)? Yes ☐ No ☐

Have you vomited? Yes ☐ No ☐

## Thoughts and Feelings

Please circle how you are feeling today.



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**Notes** - a space for you to make your own notes about your recovery and your progress so far...

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## Day of Discharge

Your surgeon and nursing team should give you an idea of how long you will be in hospital after your operation. This may be 4-7 days depending on your operation and your recovery. The aim of the Enhanced Recovery Programme is to help you recover from your operation better so that you can go home sooner and continue your recovery at home.

You should be ready for discharge when you are eating and drinking, managing pain control with tablets and moving around the ward on your own. The surgical team will let you know when you are well enough to go home.

Remember that you will be more tired than usual and it is important to rest regularly, continue with gentle exercise and gradually build on this as your body allows. You should avoid heavy lifting, gardening or heavy housework for a few weeks after your operation but should re-introduce gentle exercise such as short walks and increase your activity gradually.

After your discharge from hospital, depending on the operation you have had, you may have a telephone follow up at home by the Enhanced Recovery Team. We are keen to ensure your discharge goes as smoothly as possible so these phone calls should reassure you that someone from the hospital is checking to see how you're doing at home. Depending on the type of operation you have, you may be given a surgical advice line number so that you can speak to someone from the surgical team should you have any concerns. You will usually be seen by your consultant at the out-patient clinic approximately 8-10 weeks after your operation.

If you have a stoma, your stoma nurse will see you to discuss your progress and ensure you are confident with your stoma care before going home. They will give you stoma supplies for going home and discuss with you how to order supplies each month.

## Contact Information

Contact information for Colorectal Department, Western General Hospital, Edinburgh

Pre-Admission Clinic/DOSA	0131 537 2379
Surgical High Dependency Unit	0131 537 3552
Ward 23	0131 537 1564
Ward 24	0131 537 1560
Enhanced Recovery Nurse	07896 293 201

## Research

NHS Lothian is committed to supporting clinical research. If you are eligible for any research studies, someone from the research team may contact you with information. If you do not wish to take part in any research, this will not affect your clinical care in any way.

## Additional resources

We have a range of information videos about having an operation and the recovery afterwards. You can find these at: <https://vimeo.com/channels/1782932/videos> or by scanning this QR code with the camera on your smartphone:



## Tell us what you think

We welcome suggestions to improve this diary. If you have any comments that you would like to make, please just let us know.



## Your Experience

We would appreciate it if you could take a few moments to circle the key words that best describe how you felt at each stage of your patient journey.

<b>First Contact</b>	<b>My Recovery</b>	<b>Talking to Staff</b>	<b>My Hospital Experience</b>	<b>Going Home</b>
Happy	Happy	Happy	Happy	Happy
Relaxed	Relaxed	Relaxed	Relaxed	Relaxed
Supported	Supported	Supported	Supported	Supported
Included	Included	Included	Included	Included
Comfortable	Comfortable	Comfortable	Comfortable	Comfortable
Safe	Safe	Safe	Safe	Safe
Anxious	Anxious	Anxious	Anxious	Anxious
Out of Control	Out of Control	Out of Control	Out of Control	Out of Control
Awkward	Awkward	Awkward	Awkward	Awkward
Sad	Sad	Sad	Sad	Sad
Angry	Angry	Angry	Angry	Angry
Other:	Other:	Other:	Other:	Other:

## Your Experience

We would be very grateful if you could spend a few minutes filling in this questionnaire. Your response is valued and any comments given will be used to improve our service.

Please answer the following questions, by circling the word, which most accurately reflects your experience.

1. Was the patient diary useful to you?

Excellent      Good      Average      Poor      Very Poor

2. Were you informed about the following:

How long you would be in hospital?      Yes      No

When you would be up and about after surgery?      Yes      No

When you would be able to eat/drink after  
your operation?      Yes      No

3. Did you feel you were involved in decisions about your discharge from hospital?

Yes, definitely      Yes, to some extent      No      I did not need to be involved

4. What did we do well?

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## 5. What can we do better?

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We hope your stay was a positive experience and that you continue to make a good recovery. If you would like direct feedback to any of your concerns, please provide your contact details below.

**Your name (optional):**

**Contact information (optional):**

## Notes

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