

## **Appendix 1. Daily guideline of enhanced recovery after surgery programme**

### **Day before surgery**

Normal oral nutrition up to 8 hours before surgery  
Pre-anaesthetic medication according to the local anaesthetic protocol  
Embedded body and ear acupuncture for anxiolysis (Acupuncture group)  
Education for acupuncture and/or PC6 wristband (Acupuncture group and Wristband group)

### **Day of surgery**

Carbohydrate loading up to 2 hours preoperatively  
Short-acting IV and volatile anaesthetic medication  
No nasogastric tube insertion unless concerns of ileus  
Use warm IV fluids and air-warming in the theatre  
Avoid excessive IV fluids  
Minimal size drainage of the peritoneal cavity  
Patient sent to PACU and surgical ward  
Restart sips of water / nutrition  
Postoperative analgesia (IV PCA)  
Bed rest  
Removal of embedded acupuncture just before the first acupuncture session (Acupuncture group)  
PC6 wristband application 1 hour prior to surgery (Acupuncture group and Wristband group)  
Body acupuncture for prevention of postoperative nausea and vomiting (PONV) within 2 hours from surgical ward admission (Acupuncture group)

### **Post-operative day (POD) 1**

Encouraging early mobilization (minimum of two times a day)  
Removal of Foley catheter  
Sips of water  
Continue IV PCA  
Body acupuncture for prevention of PONV (6 to 24 hours after surgery) (Acupuncture group)  
Continuous PC6 wristband application (Acupuncture group and Wristband group)

### **Post-operative day (POD) 2**

Restart intake of soft diet  
Continue mobilization (minimum of five times a day)  
Oral medication  
Start laxatives  
Continue IV PCA  
Body acupuncture for prevention of PONV (24 to 48 hours after surgery) (Acupuncture group)  
Removal of PC6 wristband after 48 hours after surgery (Acupuncture group and Wristband group)

### **Post-operative day (POD) 3**

Stop IV PCA  
Continue mobilization  
Continue soft diet  
Remove drainage tube

**Post-operative day (POD) 4**

Normal diet (continue soft diet if the patient prefers)

Encourage ward ambulation

Nutrition education (dietitian)

**Post-operative day (POD) 5**

Check discharge criteria

Follow-up check

Prescription of discharge medication

Patient education for red flag signs (abdominal pain or fever)

**Abbreviations;** IV: intravenous, PACU: post-anaesthesia care unit, PCA; patient-controlled anaesthesia.