

Supplementary Online Content

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eAppendix. ERAS Glossary of Abbreviations

This supplementary material has been provided by the authors to give readers additional information about their work.

eAppendix. ERAS Glossary of Abbreviations

Term	Definition
Antifibrinolytics	Tranexamic acid or epsilon aminocaproic acid.
Perioperative glycemic control	Maintenance of target blood glucose levels prior to incision, during surgery and for the first few days postoperatively .
Infection Reduction Bundle	A group of interventions that includes topical intranasal therapies, appropriate stewardship of perioperative prophylactic antibiotics combined with smoking cessation, adequate glycemic control, and promotion of normothermia during recovery.
Goal Directed Therapy	Utilizing monitoring techniques to help guide clinicians with administering fluids, vasopressors, and inotropes to avoid hypotension and low cardiac output.
Multimodal, opioid sparing pain management plan	Concurrent use of primarily non-opioid analgesics that have additive, if not synergistic effects that produce superior analgesia while decreasing opioid use and opioid-related side effects.
Persistent Hypothermia in the early postoperative period	A core temperature <36 degrees C persisting after return from the operating room beyond 2-5 hours post-surgery in the ICU.
Maintenance of chest tube patency to prevent retained blood without breaking the sterile field	Active tube clearance without breaking the sterile field to reduce the need for retained blood re-interventions such as for washout of mediastinal or pleural clot, placement of an additional chest tube for hemothorax, thoracentesis or pericardiocentesis for bloody effusions.

Prehabilitation	The process of enabling patients to withstand the stress of surgery through augmenting functional capacity.
Screening and treatment for excessive alcohol and cigarette smoking	Smoking cessation of at least four weeks and alcohol abstinence for one month.
Biomarkers for identifying patients at risk for acute kidney injury	Blood or urinary biomarkers that allow a diagnosis of kidney injury to be made earlier, even in the absence of concurrent or subsequent dysfunction.
Rigid sternal fixation to reduce mediastinal wound complications	Rigid sternal plate fixation to close a sternotomy incision.
Insulin Infusion to treat hyperglycemia	Perioperative glycemic control with an insulin infusion.
Early Extubation	Early tracheal extubation within 6 hours following cardiac surgery.
Chemical Thromboprophylaxis	Prophylactic anticoagulation for VTE.
Preoperative assessment of serum albumin	Preoperative serum albumin measurement.
Correction of nutritional deficiency	Nutritional supplementation with 5-7 days of intensive therapy.

Clear liquid diet	Fluids which are transparent and are liquid at body temperature, including for example water, broth, juices without pulp, and various carbohydrate beverages.
Chest tube stripping	Stripping of chest tubes refers to compressing the chest tube with the thumb and forefinger with one hand and, with the other hand, using a pulling motion down the tubing away from the chest to create increased force of suction. By contrast, milking of chest tubes refers to manipulations such as squeezing or kneading to move clots or debris.
Carbohydrate beverage	Refers to a liquid drink containing glucose polymers.