

Additional file 5 – Table 2: Components of pathways for enhanced recovery after elective CS

Phase of operation	Enhanced Recovery Components	Lucas [30]	Wrench [32]	Halder [31]	Damluji [33]	Abell / Long [34–36]	Frequency
Pre	Patient selection	-	✓	-	✓	-	2
	Patient advice and information	✓	✓	✓	-	✓	4
	VTE risk assessment	-	-	✓	-	-	1
	Clear fluids	-	✓	✓	-	-	2
	Carbohydrate drink	-	✓	✓	✓	-	3
	Fluid balance	-	✓	-	-	-	1
	Hemoglobin optimization	✓	-	✓	-	-	2
	Initiate breastfeeding teaching	✓	-	-	-	-	1
	Reduced fasting times	-	-	-	-	✓	1
Intra	Fluid balance	-	✓	-	-	-	1
	Prophylactic antibiotics	✓	-	✓	-	-	2
	Venous thromboprophylaxis	✓	-	✓	-	-	2
	Minimally invasive surgical technique	-	✓	✓	-	-	2
	Patient warming	-	✓	-	-	-	1
	Delayed cord clamping	-	✓	-	-	-	1
	Analgesia	✓	✓	✓	-	✓	4
Post	Early oral intake	✓	✓	✓	✓	✓	5
	Early mobilization	✓	✓	✓	✓	✓	5
	Early removal of catheter	✓	✓	✓	✓	✓	5
	Regular analgesia	✓	✓	✓	-	-	3
	Prevention of post operative nausea and vomiting	-	✓	-	-	-	1
	Debriefing of patient	-	-	✓	✓	-	2
	Early skin to skin contact (support to establish breastfeeding)	✓	✓	✓	-	-	3
	Community support (midwife visits, physiotherapists etc)	✓	-	✓	-	✓	3
	Opportunity to go home on day one	-	-	-	-	✓	1