

Same Day Discharge After Colorectal Surgery: Long Term Patient Perspectives on Safety and Feasibility

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Background

- Enhanced Recovery After Surgery (ERAS) and minimally invasive techniques have reduced length of stay after colorectal surgery
- Same-day discharge (SDD) after colectomy has been shown to be safe and cost-effective
- Long-term patient-centered outcomes (comfort, satisfaction, preparedness) remain less well studied
- A structured SDD home recovery program with daily virtual follow-up was implemented during the COVID-19 pandemic

Objective

- Assess long-term patient comfort following same-day discharge
- Evaluate patient satisfaction with postoperative recovery at home
- Examine patient perceptions of communication and preparedness after discharge

Methods

- Retrospective telephone survey study
- Population: patients undergoing minimally invasive colorectal surgery with discharge ≤ 24 hours
- Setting: large integrated healthcare system during COVID-19
- Intervention: same-day discharge with daily telephone or video follow-up for one week
- Survey: 20 standardized questions assessing comfort, pain control, communication, and satisfaction
- Analysis: descriptive statistics only

Figure 1. Cohort Diagram

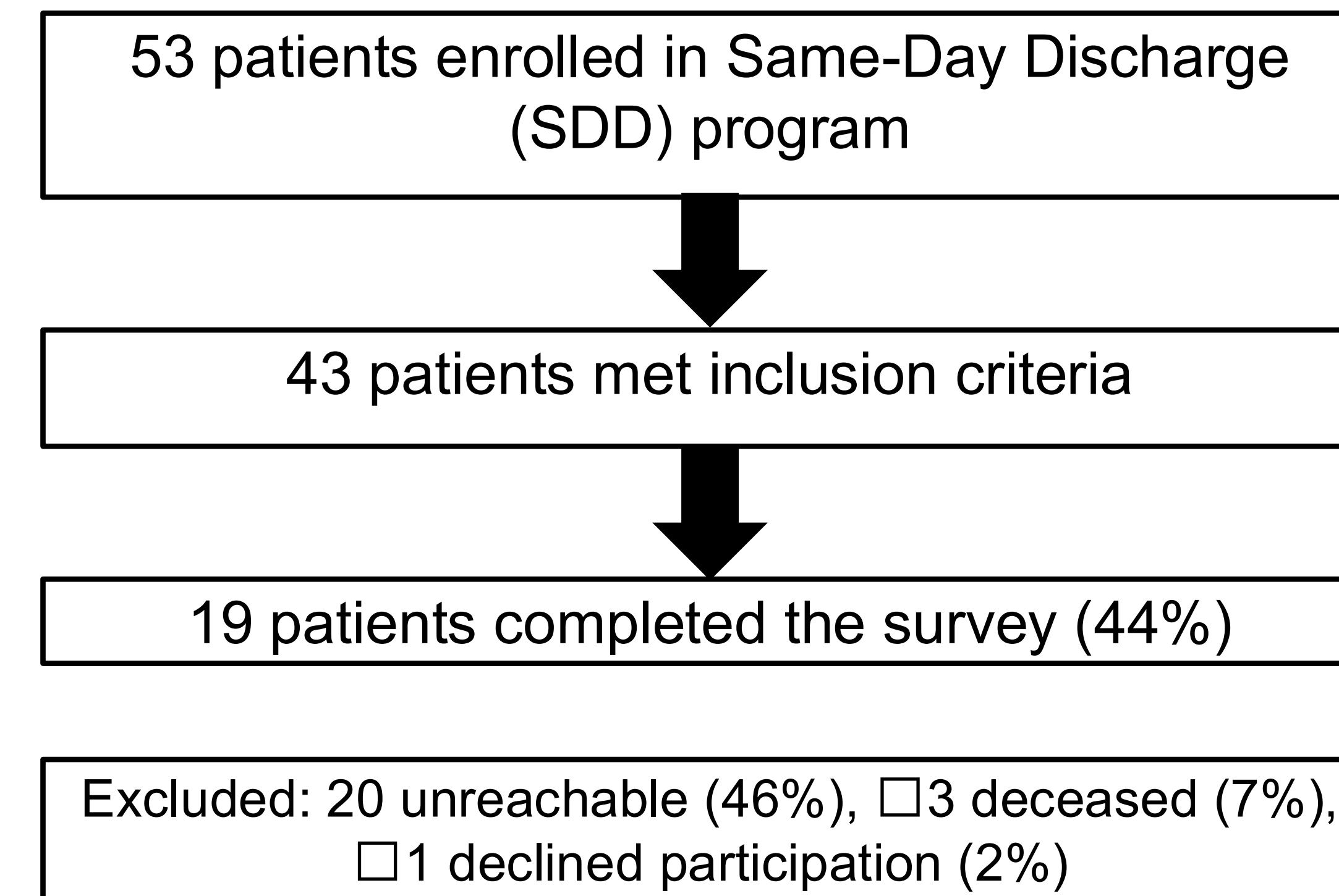
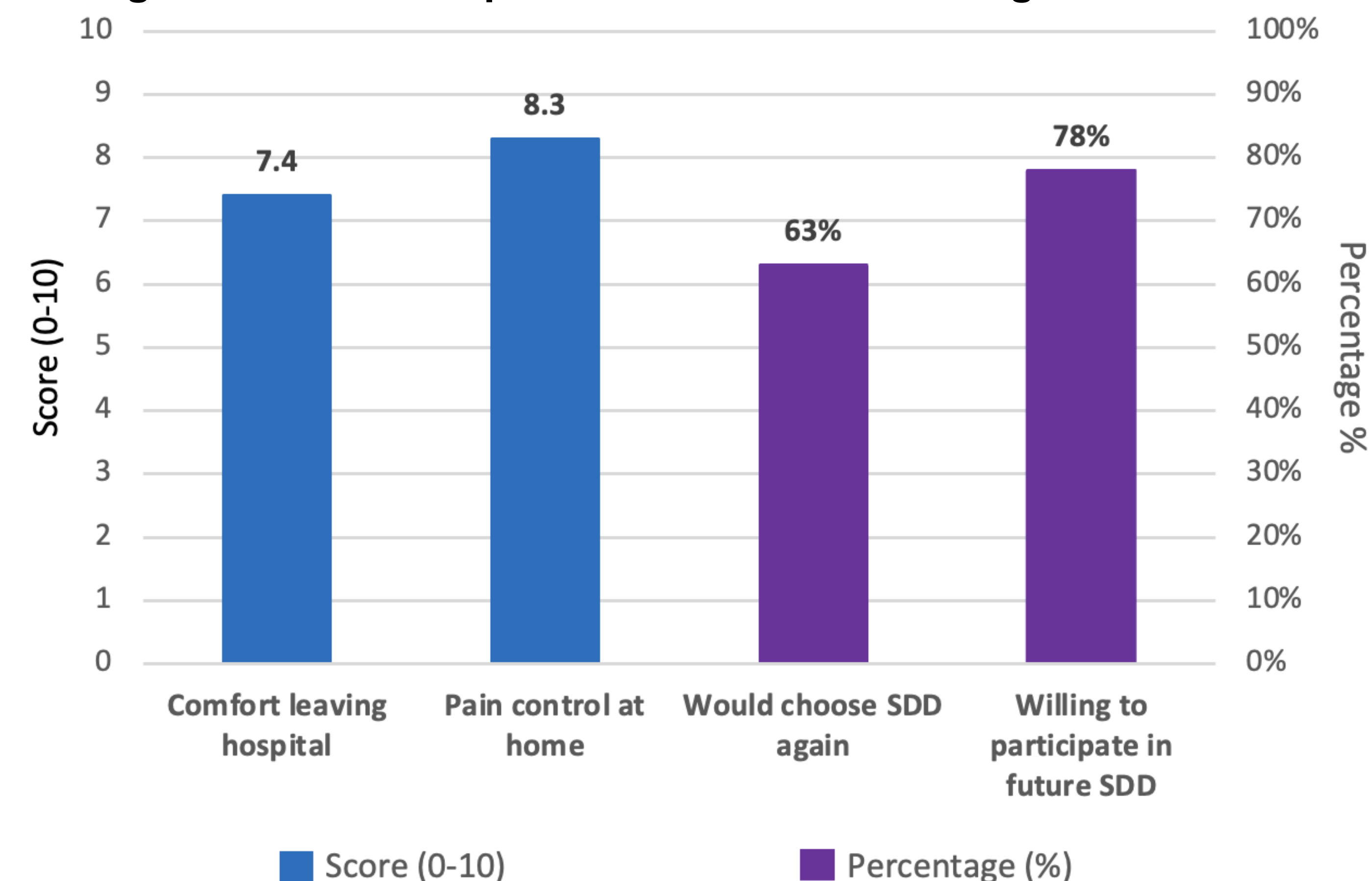


Figure 2: Patient-Reported Outcomes Following SDD



Results

- 53 patients enrolled; 43 met inclusion criteria
- 19 patients completed the survey (44% response rate)
- Mean comfort with same-day discharge: 7.4 / 10
- Mean postoperative pain control at home: 8.3 / 10
- 63% would choose same-day discharge again for a similar surgery
- 78% would participate again and majority reported easy access to the care team
- High satisfaction with postoperative support

Limitations

- Small sample size with modest response rate
- Potential selection bias due to nonresponse
- Retrospective design with possible recall bias
- Single institution and single surgeon limits generalizability

Conclusions

- Same-day discharge after minimally invasive colorectal surgery is well accepted by patients
- Patients report high comfort, effective pain control, and strong satisfaction with recovery at home
- Clear communication, preoperative education, and structured remote follow-up are critical to success
- Findings support the feasibility of SDD pathways when paired with robust postoperative support