

Supplementary data Figure 1: Principles of the postoperative ERAS phase adopted from the ERAS®-Society

Stimulation of gut motility	Laxantives and/or coffee. Not applicable in case of ileostomy
Postoperative epidural analgesia	Receiving thoracic epidural analgesia for at least one night postoperatively
Weight change on postop. day 1	Weight change more ≥ 2.5 kg from preoperative body weight to morning weight on postoperative day 1
Balanced fluids day 0	Given volume of iv fluids on day of operation (≤ 3000 ml for colonic and small bowel procedure, ≤ 3500 ml for rectal procedure)
Duration of iv. fluid infusion	Termination of intravenous fluid infusion < 2 nights/48 hours
Energy intake on day of surgery	Patient's energy intake ≥ 300 kcal from oral nutritional supplements on the day of surgery
Energy intake on postop. day 1	Patient's energy intake ≥ 600 kcal from oral nutritional supplements on the day of surgery
Mobilisation on day of surgery	Mobilisation at all postoperatively on the day of surgery
Mobilisation on postop. day 1	Mobilisation ≥ 4 hours on postoperative day 1
Mobilisation on postop. day 2	Mobilisation ≥ 6 hours on postoperative day 2
Mobilisation on postop. day 3	Mobilisation ≥ 6 hours on postoperative day 3
Time to termination of urinary drainage	Termination of urinary drainage < 2 nights/ 48 hours
30 day follow-up performed	Performed follow-up ≥ 27 and ≤ 33 nights postoperative

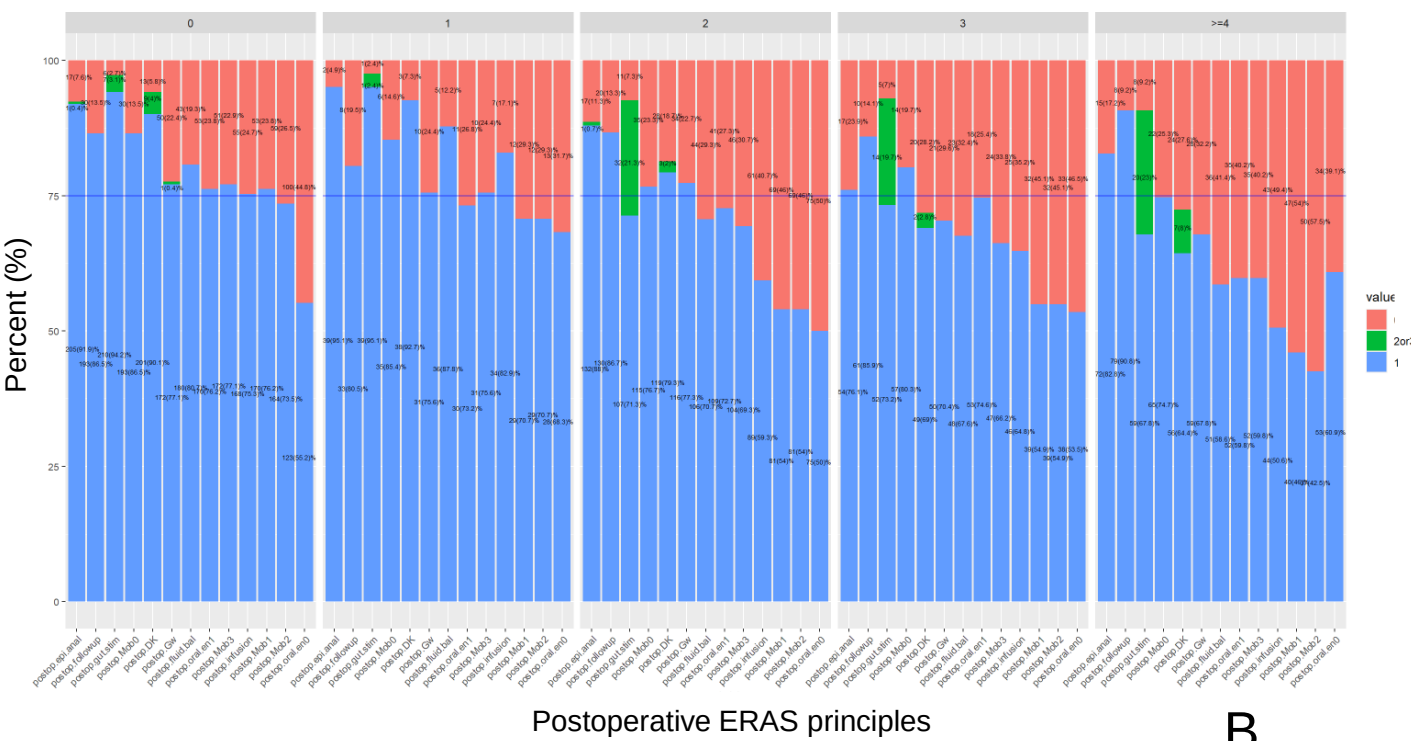
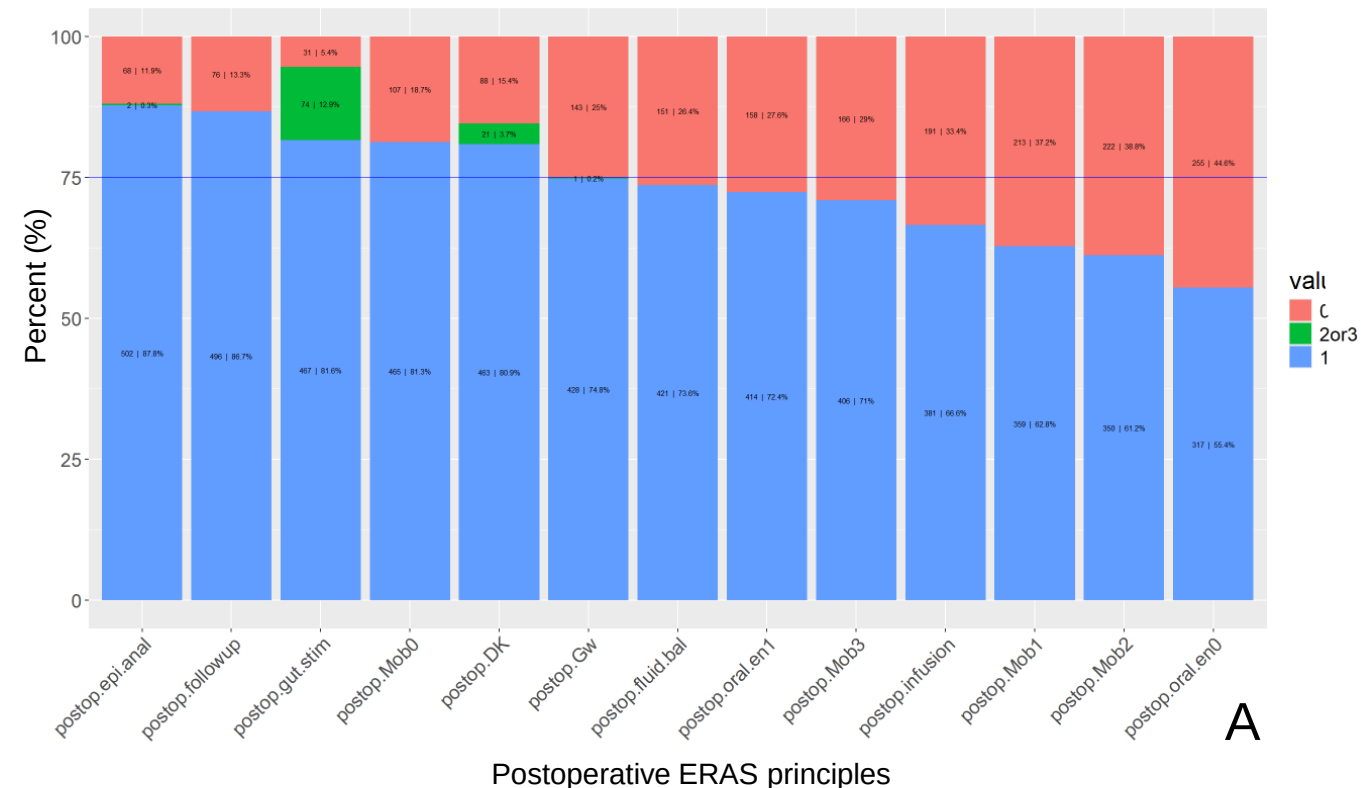
ERAS, enhanced recovery after surgery; postop. day, postoperative day

Supplementary data Figure 2: Charlson Comorbidity Score containing 16 chronic diseases coding in International Classification of Diseases (ICD) 10 (13).

Comorbidities		Weight
Myocardial infarction	Mild liver disease	1
Congestive heart failure	Diabetes	
Peripheral vascular disease	Chronic lung disease	
Dementia	Connective tissue disease	
Cerebrovascular accident/ transient ischemic attacks	Peptic ulcer disease	
Diabetes with complications	Moderate to severe kidney disease	2
Hemiplegia	Solid tumor (localized)	
Lymphoma	Leukemia	
Moderate to severe liver disease		3
Metastatic cancer	Acquired immunodeficiency syndrome	6

Supplementary data Figure 3:

- A) Adherence to the ERAS principles in the total study cohort (in percent).
- B) Adherence to the ERAS principles in relation to the Charlson comorbidity index 0, 1, 2, 3 and ≥4 (in percent).



Color codes: Red: non-adherent; Green: not applicable; Blue: adherent.
ERAS, enhanced recovery after surgery.