Supplementary Table 1 GRADE evidence profile

Outcome	No of studies	No of patients	Risk of bias	Inconsistency	Indirectness	Imprecision	Publication bias	Overall quality	Effect estimate (MD, 95%CI)
Time to first flatus	8	1365	Not serious	Serious[1]	Not serious	Not serious	Not serious	Moderate	-8.72 (-14.01 to -3.44)
Time to first defecation	8	1365	Not serious	Serious[1]	Not serious	Not serious	Not serious	Moderate	-13.32 (-20.12 to -6.52)
Length of hospital stay	3	452	Not serious	Serious[1]	Not serious	Serious[2]	Not serious	Low	-10.63 (-33.99 to 12.74)

[1]Downgraded one level due to substantial statistical heterogeneity ($I^2 > 75\%$).

[2]Downgraded one level due to wide confidence intervals crossing the null and limited sample size (only three studies).