### Weeks Before Surgery
- **Ask questions about surgery**
- **Talk about:**
  - What to expect during your hospital stay.
  - Your plan of care when you leave the hospital.
  - The role of the support person during your hospital stay and after you leave. Give the nurse your support person’s name and phone number.
- **Try to walk at least 2 miles a day.**
- **Quit smoking at least 2 to 4 weeks before your surgery.**
- **Schedule a visit with your primary care provider (PCP) for 2 weeks after you leave the hospital.**

### Day Before Surgery
- **Take usual medicines by mouth.**
- **Drink one 8-ounce bottle of apple juice before midnight.**
- **After midnight, you may have only clear liquids until 2 hours before the time your surgery is set to start.**

### Before Surgery
- **Starting 2 hours before your surgery, do not eat or drink anything EXCEPT:**
  - Right after you park at the hospital, drink one 8-ounce bottle of apple juice.
- **Intravenous (IV) line started to give you medicines and fluid**
- **Epidural inserted to manage pain**

### During Surgery
- **Antibiotics start**
- **Jejunostomy (J-tube) inserted below your stomach to provide nutrition after surgery**
- **Nasogastric (NG) tube placed**
- **Foley catheter inserted to drain your bladder**
- **Drains may be inserted to drain fluids from your chest cavity and/or neck**
- **Sequential compression devices (SCDs) on your legs to help blood circulation**

### After Surgery
- **Surgeon meets with family**
- **Wake up in Post-Anesthesia Care Unit**
- **No food or drink**
- **Move to acute care unit (4-Northeast) or to intensive care unit (ICU), if needed**
- **Bed rest, turn sides every 2 hours**
- **Sit up on the side of your bed with nurse’s help**

### Treatment and Medicines
- **Care team visits**
- **Pain under control**
- **Medicines given through J-tube**
- **Central line catheter, tubes, drains in place**
- **SCDs on your legs to prevent blood clots**
- **Use incentive spirometer 10 times every hour while awake**

### Diet
- **Continue on IV fluids**
- **Meet with nutritionist**

### Activity
- **Assisted bath**
- **Work with Physical Therapist (PT) to build strength, improve mobility**
- **Work with Occupational Therapist (OT) on activities of daily living (ADLs)**

### Goals
- **Out of bed to chair 3 to 4 times**
- **Able to stand in place**
- **Walk at least ½ mile in the unit halls**

### Teaching
- **Wound care**
- **Learn how to check for signs of infection**

### Goals
- **Aim to be out of bed for 6 hours a day**
- **Walk 3 to 4 times in the halls, with a goal of 1 to 1½ miles a day**

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**Esophagectomy CareMap | Page 1 of 2**
### Day 4: Acute Care Unit
- **Treatment and Medicines**
  - Care team visits
  - Pain under control
  - Call nurse if you have nausea or vomiting
  - SCDs on your legs to prevent blood clots
  - Use incentive spirometer 10 times every hour while awake
- **Diet**
  - Start clear liquid diet
- **Activity**
  - Progress ADLs
  - Follow movement guidelines from PT and OT
  - Assisted bath
  - Shower training with OT
- **Teaching and Discharge Planning**
  - Learn how to check for signs of infection
  - Caregiver training
  - Learn how to care for J-tube
  - Medical equipment ordered by OT and PT, if needed
  - May see social worker for discharge planning
- **Goals**
  - Aim to be out of bed for 6 hours a day
  - Walk 3 to 4 times in the halls, with a goal of 1 to 1½ miles a day

### Days 5 to 6: Acute Care Unit
- **Treatment and Medicines**
  - Begin taking medicines by mouth
  - Day 6: Have an esophagram
  - Day 6: Epidural capped after breakfast
  - Day 6: Cervical drain removed
- **Diet**
  - Day 5: Continue clear liquid diet
  - Day 5: Meet with nutritionist
  - Day 6: Progress to full liquid diet
- **Activity**
  - Shower
  - Try climbing stairs with PT
  - Assisted bath
  - Shower training with OT
- **Teaching and Discharge Planning**
  - Learn about daily weighing
  - Day 6: Training with pharmacist on how to give yourself injections of medicines such as Enoxaparin
- **Goals**
  - Be moving safely on your own, within precautions
  - Patient or support person gives Lovenox shot with nurse supervision

### Day 7: Discharge
- Care team clears you for discharge
- Follow-up visits scheduled
- All lines, catheters, and drains removed
- Receive final list of all medicines
- Shower and dress in your own clothes
- Walk at least 18 laps around the unit
- Receive any medical equipment, if ordered
- At home, walk 1 mile every day starting the day after discharge

### Self-care / Follow-up
- Know who to call in an emergency, or if you have pain or discomfort.
- Do breathing and coughing exercises.
- Weigh yourself every day.
- Drink plenty of fluids.
- Continue with tube feeding until care team clears you. A dietitian will call you every week while you are on tube feeds to check on your progress.
- Eat soft foods.
- Eat several small meals during the day instead of 3 large meals.
- Stay upright for 2 hours after eating or drinking.
- Watch your incision for signs of infection.
- Follow activity guidelines from PT.
- Walk at least 1 mile every day.
- Do not drive for 2 weeks after surgery.
- For 6 weeks after surgery:
  - Do not lift anything that weighs more than 15 pounds (about 2 gallons of water).
  - Do not strain, push, or pull heavy objects.

**First Follow-up Visit**
- Visit clinic for first follow-up visit