### 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

### Day of Surgery
- 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

### Day 1: Acute Care Unit/ICU
- Goals
  - Out of bed to chair 3 to 4 times
  - Able to stand in place
  - Walk at least ½ mile in the unit halls

### Day 2: Acute Care Unit
- Treatment and Medicines
  - 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

### Day 3: Acute Care Unit
- 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 1 ½ miles a day
  - Patient and support person practice J-tube flushing
<table>
<thead>
<tr>
<th>Day 4: Acute Care Unit</th>
<th>Days 5 to 6: Acute Care Unit</th>
<th>Day 7: Discharge</th>
<th>Self-care / Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Treatment and Medicines</strong></td>
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<td><strong>Day 7: Discharge</strong></td>
<td><strong>Self-care / Follow-up</strong></td>
</tr>
<tr>
<td>- Care team visits</td>
<td>- Pain under control</td>
<td>- Care team clears you for discharge</td>
<td>- Know who to call in an emergency, or if you have pain or discomfort.</td>
</tr>
<tr>
<td>- Pain under control</td>
<td>- Call nurse if you have nausea or vomiting</td>
<td>- Begin taking medicines by mouth</td>
<td>- Do breathing and coughing exercises.</td>
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<tr>
<td>- SCDs on your legs to prevent blood clots</td>
<td>- Use incentive spirometer 10 times every hour while awake</td>
<td>- Day 6: Have an esophagram</td>
<td>- Weigh yourself every day.</td>
</tr>
<tr>
<td>- Use incentive spirometer 10 times every hour while awake</td>
<td>- Day 6: Epidural capped after breakfast</td>
<td>- Day 6: Cervical drain removed</td>
<td>- Drink plenty of fluids.</td>
</tr>
<tr>
<td><strong>Diet</strong></td>
<td><strong>Diet</strong></td>
<td><strong>Day 6: All lines, catheters, and drains removed</strong></td>
<td>- 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.</td>
</tr>
<tr>
<td><strong>Activity</strong></td>
<td><strong>Activity</strong></td>
<td><strong>Day 6: Shower and dress in your own clothes</strong></td>
<td>- Eat several small meals during the day instead of 3 large meals.</td>
</tr>
<tr>
<td>- Progress ADLs</td>
<td>- Assisted bath</td>
<td>- Day 6: Walk at least 18 laps around the unit</td>
<td>- Stay upright for 2 hours after eating or drinking.</td>
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<td>- Assisted bath</td>
<td>- Shower</td>
<td>- Discharge</td>
<td>- Watch your incision for signs of infection.</td>
</tr>
<tr>
<td><strong>Teaching and Discharge Planning</strong></td>
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<td><strong>Day 6: At home, walk 1 mile every day starting the day after discharge</strong></td>
<td>- Follow activity guidelines.</td>
</tr>
<tr>
<td>- Learn how to check for signs of infection</td>
<td>- Learn about daily weighing</td>
<td>- Day 6: Training with pharmacist on how to give yourself injections of medicines such as Enoxaparin</td>
<td>- Visit clinic for first follow-up visit.</td>
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<td>- Caregiver training</td>
<td>- Day 6: Training with pharmacist on how to give yourself injections of medicines such as Enoxaparin</td>
<td>- Patient or support person gives Lovenox shot with nurse supervision</td>
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<td>- Learn how to care for J-tube</td>
<td>- Day 6: Training with pharmacist on how to give yourself injections of medicines such as Enoxaparin</td>
<td>- Be moving safely on your own, within precautions</td>
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<td>- May see social worker for discharge planning</td>
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<td><strong>Goals</strong></td>
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<td><strong>Day 6: Discharge</strong></td>
<td><strong>Follow-up</strong></td>
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<td>- Aim to be out of bed for 6 hours a day</td>
<td>- Be moving safely on your own, within precautions</td>
<td>Follow-up visits scheduled</td>
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<td>- Walk 3 to 4 times in the halls, with a goal of 1 to 1½ miles a day</td>
<td>- Patient or support person gives Lovenox shot with nurse supervision</td>
<td>All lines, catheters, and drains removed</td>
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<td>Receive final list of all medicines</td>
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Esophagectomy CareMap | Page 2 of 2