

# Abdominal Surgery CareMap: Your Hospital Stay

For \_\_\_\_\_

## Planning for Your Surgery

- Make plans for:
  - Your ride home after your hospital stay. Make sure you can easily ride in the vehicle.
  - A responsible adult to help you after you get home. You will need help with your care and preparing meals for 2 to 3 days. Arrange for a friend or family member to be with you 24 hours a day during this time.
  - Pet care while you are away, if needed.
- Tell your primary care provider (PCP) that you are having abdominal surgery. If you do not have a PCP, talk with your clinic nurse.
- If you have concerns about where you will go when you leave the hospital, tell your care team. They will set up a time for you to talk with a social worker.
- You will have a pre-anesthesia visit before your surgery to plan for your medicines during surgery.

### Starting 5 days before surgery:

- If you do **not** have diabetes:* Drink 1 carton of Ensure Surgery drink 3 times a day for 5 days. Check 3 boxes for each day.
- If you have diabetes:* Drink ½ carton of Ensure Surgery 6 times a day for 5 days. Check 6 boxes for each day.

Day 1 DATE		Day 2 DATE		Day 3 DATE		Day 4 DATE		Day 5 DATE	
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### If you will have an ostomy:

- You will visit with an ostomy nurse to learn what to expect.
- The nurse will mark the *stoma* site on your body and cover it with a clear dressing. Do **not** remove the dressing.

## Day Before Surgery

- Take your Golytely as instructed.
- Take your Neomycin and Metronidazole medicine as instructed.
- Pack for your hospital stay. Ask your family or friends to bring your belongings after you have settled into your hospital room after surgery.

### What you will bring (if needed):

- C-PAP machine
- List of medicines you now take
- Walker, wheelchair, cane
- Hearing aid, glasses, dentures
- Advance directive(s), if you have them

### What your family can bring:

- Money for prescription co-pay (cash, charge, or debit card)
- Electronic devices and chargers

### Do NOT bring:

- Medicines, unless you were told to bring them
- Jewelry and other valuables

### Night Before Surgery

- Use the antibacterial soap or wipes you were given to take a shower or sponge bath.
- Before midnight:** *If you do **not** have diabetes:* Drink 1 carton of Ensure Clear drink.
- Starting 8 hours before you arrive for surgery:** Do **not** eat meat or food that is high in fat.
- Starting 6 hours before you arrive for surgery:** Do **not** eat anything. You may drink clear liquids (drinks you can see through) up until 2 hours before you arrive at the hospital.



## Surgery Day

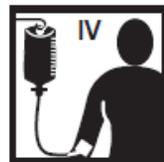
### Before You Leave Home

- Take another shower or sponge bath with the antibacterial soap or wipes given to you.
- Take your daily medicines as you were told.
- If you do **not** have diabetes: Drink 1 carton of Ensure Clear at \_\_\_\_\_.
- Starting 2 hours before you arrive for surgery:** Do **not** eat or drink anything.



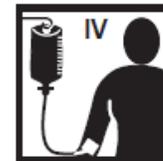
### At the Hospital

- Check in at Surgery Registration on the ground floor of the Maleng Building (level G).
- Give staff at Registration a copy of your advance directive(s) if you have them.
- A nurse will call you to come to the pre-op area.
- If you have diabetes, we will check your blood sugar.
- An *intravenous* (IV) tube will be placed in your arm to give you fluids and antibiotics.
- Your nose will be swabbed with antiseptic. This will help reduce your risk of infection after surgery.
- An anesthesiologist may place an *epidural* line in your back to give you pain medicine.
- You will be given a heating blanket to keep you warm, improve healing, and lower the risk of infection. Keep the blanket on even if you feel warm enough.
- The Anesthesiology Team will take you to the operating room for your surgery.



### After Surgery

- You will be moved to a bed in the recovery area, and then moved to a bed in a hospital unit.



### You will have:

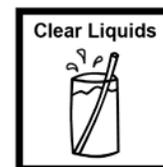
- An IV in your arm to give you fluids and antibiotics
- Wraps on your lower legs that inflate to help prevent blood clots
- An *epidural* catheter in your back to give you pain medicine, if you had one placed before surgery
- A tube in your bladder to drain urine

### If you have an ostomy, you will have:

- A bandage over your wound
- A wafer and an ostomy bag to collect the output

### Your nurse will help you:

- Learn breathing exercises to prevent pneumonia
- Use your *incentive spirometer* (breathing device) and remind you to use it 10 times each hour every day while you are in the hospital
- Start a clear liquid diet, if you can handle drinking
- Sit up in chair
- Get out of bed within 2 hours, if you can handle walking
- Walk in the hallway by 10 p.m.



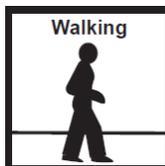
## Day After Surgery (Day 1)

### Medicines and Treatments

- Your nurse will remove your urine catheter early in the morning.
- Whenever you are in bed during your hospital stay, you will wear leg wraps to help prevent blood clots.

### Diet and Activity

- It is important for your recovery that you walk in the hall 2 to 3 times every day.
- If you have an epidural, do **not** get out of bed without help from a member of your care team
- You will advance your diet as soon as you can handle solid foods. To order food, call 4.5678 from your bedside phone.



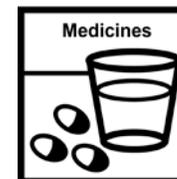
### Continuity of Care

- You will talk with a member of your care team about your discharge plan.

## Day 2

### Medicines and Treatments

- Your pain will be managed with medicine and non-medicine methods.
- Your care team will:
  - Remove your epidural and give you pain medicine by mouth
  - Remove your bandages in the morning so that your wound is open to the air



### Activity

- You will walk the hall as often as possible to help you heal faster.

### Continuity of Care

- You will talk with a member of your care team about your discharge plan:
  - If your discharge plan is to go home, confirm your ride home will be ready by noon on your discharge day and that you will have help at home.
  - If you have concerns about where you will go after discharge, tell your care team so that you can talk with a social worker.



## Day 3 Until Discharge

- You will be ready for discharge when:
  - You are able to eat and are passing gas
  - Your pain is well controlled when you are active
  - You are able to walk in hallway
  - Your wound is dry and has no sign of infection
  - You no longer need your IV

### Activity

- You will walk the hall as often as possible to help you heal faster.

### Continuity of Care

- You will talk with a member of your care team about your discharge plan:
  - If your discharge plan is to go home, confirm your ride home will be ready by noon on your discharge day and that you will have help at home. If your driver cannot come by noon, they may meet you in the discharge lounge.
  - If you have concerns about where you will go after discharge, tell your care team so that you can talk with a social worker.



## Discharge Day

### Medicines and Treatments

- If you are going home, your doctor will write a prescription for new medicines. This includes pain medicines. You may fill your prescription at Harborview or at the pharmacy of your choice.
- If you are going to a skilled nursing facility, they will provide all of your medicines.



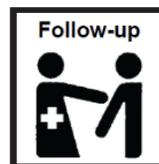
### Continuity of Care

- Before you are discharged, we will talk with you about your follow-up clinic visits.
- Your PCP will receive medical records from your hospital stay.
- Your nurse will talk with you about your discharge instructions.
- Congratulations on your progress with recovery!



## At Home After Discharge

- If you go home after discharge:
  - A unit nurse will call you 2 days after discharge to see how you are doing.
  - If you still need opioid pain medicine more than 2 weeks after surgery, talk with your PCP about your pain control options.
  - Talk with your PCP about any other health issues or concerns
  - In \_\_\_\_ weeks, you will return to the General Surgery Clinic for follow-up care.



## Questions or Concerns?

### Before surgery:

- Until 3 p.m. the day before surgery, call the Patient Care Coordinator at 206.744.3195.
- After 3 p.m. on the day before surgery, call the Ambulatory Surgery Unit at 206.744.5432.

### After discharge:

- Weekdays from 8 a.m. to 4 p.m., call 206.744.5459.
- Evenings, weekends, and holidays, call the Discharge Nurse at 206.744.3276