






Distal Pancreatectomy with or without Splenectomy (Robotic) CareMap

How to prepare and what to expect during your hospital stay

Before Surgery Day	Surgery Day	
<p>At least 2 to 4 weeks before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> If you smoke, STOP. <p>During the 2 weeks before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with your surgeon and other members of your care team. Learn about what to expect before, during, and after surgery. <input type="checkbox"/> Sign your consent papers. <input type="checkbox"/> Make sure your follow-up visit is scheduled for 1 to 2 weeks after your surgery. <input type="checkbox"/> Walk 2 miles a day.  <p>7 days before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stop taking aspirin and NSAIDs (<i>non-steroidal anti-inflammatory drugs</i>) such as ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn) <p>Starting 5 days before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Drink your immunonutrition supplement drink 3 times a day. If you have diabetes, drink ½ serving 6 times a day. <p>Day before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Receive a call from the hospital with your arrival time. <input type="checkbox"/> Before you go to bed, take a shower with chlorhexidine gluconate (CHG) soap: <ul style="list-style-type: none"> - Shower and shampoo with your regular soap - Rinse well - Wet a clean washcloth, then turn the shower off - Pour 1/2 bottle of CHG on the washcloth and use the washcloth to wash from your shoulders to your knees – include your groin crease, but not your private parts - Leave the soap on your skin for 1 minute - Rinse well <input type="checkbox"/> Before midnight, drink one 8-ounce bottle of apple juice. <input type="checkbox"/> After midnight, you may have only clear liquids. Do not take anything else by mouth. 	<p>Before you leave home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take another shower using the same steps as you did last night.  <p>Starting 2 hours before your surgery, do not eat or drink anything, EXCEPT:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Right after you park at the hospital, drink one 8-ounce bottle of apple juice.  <p>At the hospital:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in at Surgery Registration (Surgery Pavilion, 2nd floor) at your assigned arrival time. <input type="checkbox"/> A nurse will call you to come to the Pre-Op area. <input type="checkbox"/> An <i>intravenous</i> (IV) tube will be placed in your arm to give you fluids and antibiotics. <input type="checkbox"/> An Anesthesiologist will talk with you about the anesthesia (sleeping medicine) you will receive during surgery. <input type="checkbox"/> You will receive acetaminophen (Tylenol) for pain relief. <input type="checkbox"/> You will meet with nurses to review questions about your health. <input type="checkbox"/> You will be given a heating blanket to keep you warm, improve healing, and lower your risk of infection. Keep the blanket on even if you feel warm enough. <input type="checkbox"/> The Anesthesiology team will take you to the operating room. 	<p>After surgery, you will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wake up in the recovery area <input type="checkbox"/> Be moved to a bed in a hospital unit <p>You will have:</p> <ul style="list-style-type: none"> <input type="checkbox"/> An IV in your arm to give you fluids <input type="checkbox"/> Compression devices on your legs to help blood flow <input type="checkbox"/> A patient-controlled analgesia (PCA) machine so that you can give yourself pain medicine as needed <input type="checkbox"/> A Foley catheter (tube) in your bladder to drain urine <p>Your nurse will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Teach you how to use your incentive spirometer (breathing device) <input type="checkbox"/> Help you sit up on the edge of your bed <input type="checkbox"/> Remind you to sip clear liquids, and chew on ice chips and gum to help your digestion work  

Day 1	Day 2	Day 3 (Discharge)	After Discharge
<p>Medicines and Treatments</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will have a PCA pain pump that allows you to help control your pain. Use this as needed. <input type="checkbox"/> Your Foley bladder catheter will be removed. <input type="checkbox"/> A pharmacist will review enoxaparin (blood-thinner) information with you. <input type="checkbox"/> Your nurse will teach you how to give yourself enoxaparin injections. 		<p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> When you can handle solid food, your PCA will be stopped and you will take pain pills by mouth. <input type="checkbox"/> You will be prescribed: <ul style="list-style-type: none"> - Stool softeners - Pain medicine - Enoxaparin injections for 28 days <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Give yourself 1 enoxaparin shot every day for 28 days. <input type="checkbox"/> Take a stool softener or Milk of Magnesia for constipation (if needed). 	
<p>Diet <input type="checkbox"/> Eat 5 to 6 small meals a day. Eat mostly foods that are low in sugar and low in carbohydrates.</p>			
<p>Activities and Self-care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use your incentive spirometer (blue breathing device) 10 times every hour to keep fluid out of your lungs <input type="checkbox"/> Staff will help you sit up in a chair for all meals and take you on 3 to 4 walks a day <input type="checkbox"/> Aim to be out of bed 6 hours a day <input type="checkbox"/> Do not get out of bed without a nurse beside you <input type="checkbox"/> Day 1: Sponge bath <input type="checkbox"/> Day 2: Receive diabetes education for diet and insulin (if needed) 		<p>Activities and Self-care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shower and dress in your own clothes by about 9 a.m. <p>Discharge goals are met:</p> <ul style="list-style-type: none"> <input type="checkbox"/> You can handle your diet. <input type="checkbox"/> Your pain is under control. <input type="checkbox"/> You are passing gas or having bowel movements. <input type="checkbox"/> You received diabetes and pharmacy teaching (if needed). <input type="checkbox"/> Your follow-up clinic visit is set for 1 to 2 weeks after discharge. <p>Activities and Self-care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Walk as much as you can. <input type="checkbox"/> For 6 weeks, do not lift anything over 10 pounds (a gallon of milk weighs almost 9 pounds). <input type="checkbox"/> Do not drive or drink alcohol while you are taking opioid pain medicine (oxycodone or dilaudid). <input type="checkbox"/> Call with questions or concerns: <ul style="list-style-type: none"> - Dr. Park's patients: 206.598.4477 - Dr. Pillarisetty's and Dr. Sham's patients: 206.606.7555 	
<ul style="list-style-type: none"> <input type="checkbox"/> Aim to walk ½ mile today. <input type="checkbox"/> A Physical Therapist (PT) will assess you and set up a plan. <input type="checkbox"/> An Occupational Therapist (OT) will assess you and set up a plan. 		<ul style="list-style-type: none"> <input type="checkbox"/> Aim to walk 1 to 1½ miles today. <input type="checkbox"/> An OT will assess your ability to take a shower by yourself. 	
<p>Planning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Know your discharge goals: <ul style="list-style-type: none"> - Able to eat regular foods - Pain under control - Able to walk by yourself - Pass gas or have bowel movements 		<p>Planning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with a social worker to talk about home healthcare or a skilled nursing facility (if needed). <p>Follow-up Care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go to your follow-up clinic visit 1 to 2 weeks after discharge. <input type="checkbox"/> If you had a splenectomy, talk with your provider about vaccines. 	

