














Esophagectomy CareMap

How to prepare and what to expect during your hospital stay

Your care plan may differ, based on your personal needs.

Before Surgery	Surgery Day	Day 1: Acute Care Unit/ICU	Day 2: Acute Care	Day 3: Acute Care
<p>In the weeks before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask questions about surgery. Talk about: <ul style="list-style-type: none"> - What to expect during your hospital stay. - Your plan of care after discharge. - The role of your support person during your hospital stay and after discharge. Give the nurse this person's name and phone number. <input type="checkbox"/> Try to walk 2 miles a day or more. <input type="checkbox"/> Quit smoking at least 2 to 4 weeks before your surgery. <input type="checkbox"/> Plan a visit with your primary care provider (PCP) and your chronic pain provider (if needed) for 2 weeks after discharge. <input type="checkbox"/> Starting 5 days before surgery: 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"/> Take usual medicines by mouth. <input type="checkbox"/> Before midnight: Drink one 8-ounce bottle of apple juice. <input type="checkbox"/> After midnight: Have only clear liquids until 2 hours before the time your surgery is set to start. 	<p>Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Starting 2 hours before surgery, do not eat or drink anything EXCEPT: <ul style="list-style-type: none"> - Right after you park at the hospital, drink one 8-ounce bottle of apple juice. <input type="checkbox"/> We will start an <i>intravenous</i> (IV) line to give you medicines and fluid <input type="checkbox"/> We will insert an <i>epidural catheter</i> to manage pain <p>During Surgery</p> <p>We will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start antibiotics <input type="checkbox"/> Insert a <i>jejunostomy</i> (J-tube) for feedings after surgery <input type="checkbox"/> Place a <i>nasogastric</i> (NG) tube <input type="checkbox"/> Insert a Foley catheter to drain your bladder <input type="checkbox"/> Insert drains to remove fluids from your chest and/or neck, if needed <input type="checkbox"/> Place <i>sequential compression devices</i> (SCDs) on your legs to help blood flow <p>After Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Surgeon meets with family <input type="checkbox"/> Wake up in Post-Anesthesia Care Unit (PACU) <input type="checkbox"/> No food or drink <input type="checkbox"/> Move to Intensive Care Unit (ICU) <input type="checkbox"/> Bed rest, turn sides every 2 hours <input type="checkbox"/> Sit on the side of your bed with nurse's help 	<p>Treatment, Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Care team visits → <input type="checkbox"/> Pain under control → <input type="checkbox"/> Central line catheter, tubes, drains in place → <input type="checkbox"/> SCDs on your legs to prevent blood clots → <input type="checkbox"/> Use incentive spirometer 10 times every hour while awake → <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Continue on IV fluids → <p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Assisted bath  <p>Goals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Out of bed to chair 3 to 4 times <input type="checkbox"/> Can stand in place <input type="checkbox"/> Walk at least ½ mile in the unit halls (9 laps on 4-Northeast or 14 laps on 5-East ICU)  <input type="checkbox"/> Move to acute care unit (4-Northeast) 	<p>Treatment, Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Remove Foley catheter → <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> NG tube may be removed day 2 or 3 → <p>Activity</p> <p>Teaching</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wound care → <input type="checkbox"/> Signs of infection → <p>Goals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aim to be out of bed 6 hours a day → <input type="checkbox"/> Walk 3 to 4 times in the halls, with goal of 1 to 1½ miles a day (18 to 27 laps on 4-Northeast) → 	<p>Treatment, Medicines</p> <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start J-tube feedings <input type="checkbox"/> Start eating ice <p>Activity</p> <p>Teaching</p> <p>Goals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Caregiver training <input type="checkbox"/> J-tube training <input type="checkbox"/> Confirm discharge plans and date <input type="checkbox"/> Patient and support person practice J-tube flushing

Day 4: Acute Care Unit	Days 5 to 6: Acute Care Unit	Discharge Day	Self-care / Follow-up
<p>Treatment, Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Care team visits <input type="checkbox"/> Pain under control <input type="checkbox"/> Call nurse if you have nausea or vomiting <input type="checkbox"/> SCDs on your legs to prevent blood clots <input type="checkbox"/> Use incentive spirometer 10 times every hour while awake <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start clear liquid diet <p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Progress ADLs <input type="checkbox"/> Assisted bath  <p>Teaching, Discharge Planning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Learn how to check for signs of infection <input type="checkbox"/> Caregiver training <input type="checkbox"/> Learn how to care for J-tube <input type="checkbox"/> May see social worker for discharge planning <p>Goals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aim to be out of bed 6 hours a day <input type="checkbox"/> Walk 3 to 4 times in the halls, with a goal of 1 to 1½ miles a day  	<p>Treatment, Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Begin taking medicines by mouth <input type="checkbox"/> Day 5: Epidural capped after breakfast <input type="checkbox"/> Day 5: Cervical drain removed <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Day 5: Progress to full liquid diet <input type="checkbox"/> Day 5: Meet with nutritionist <p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shower  <p>Teaching, Discharge Planning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Learn about daily weighing <input type="checkbox"/> Day 5: Training with pharmacist on how to give yourself injections of medicines such as enoxaparin <p>Goals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Be moving safely on your own, within precautions <input type="checkbox"/> Patient or support person gives enoxaparin shot with nurse supervising 	<ul style="list-style-type: none"> <input type="checkbox"/> Care team clears you for discharge  <input type="checkbox"/> Follow-up visits scheduled <input type="checkbox"/> All lines, catheters, and drains removed <input type="checkbox"/> Receive final list of all medicines  <input type="checkbox"/> Shower and dress in your own clothes <input type="checkbox"/> Walk at least 18 laps around the unit <input type="checkbox"/> Discharge  <input type="checkbox"/> At home, walk 1 mile every day starting the day after discharge  	<ul style="list-style-type: none"> <input type="checkbox"/> Know who to call in an emergency, or if you have pain or discomfort.  <input type="checkbox"/> Do breathing and coughing exercises. <input type="checkbox"/> Weigh yourself every day.  <input type="checkbox"/> Drink plenty of fluids. <input type="checkbox"/> 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. <input type="checkbox"/> Eat soft foods. <input type="checkbox"/> Eat several small meals during the day instead of 3 large meals. <input type="checkbox"/> Stay upright for 2 hours after eating or drinking. <input type="checkbox"/> Watch your incision for signs of infection.  <input type="checkbox"/> Follow activity guidelines. <input type="checkbox"/> Walk at least 1 mile every day. <input type="checkbox"/> Do not drive for 2 weeks after surgery. <input type="checkbox"/> For 6 weeks after surgery: <ul style="list-style-type: none"> - Do not lift anything that weighs more than 15 pounds (about 2 gallons of water). - Do not strain, push, or pull heavy objects. <p>Follow-up Visits</p> <ul style="list-style-type: none"> <input type="checkbox"/> First follow-up clinic visit  <input type="checkbox"/> Also follow up with PCP and chronic pain provider, if needed