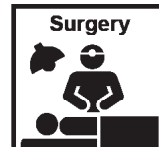





Pancreaticoduodenectomy/Whipple (Robotic) CareMap

How to prepare and what to expect during your hospital stay

Before Surgery Day	Surgery Day	
<ul style="list-style-type: none"> <input type="checkbox"/> We will schedule your follow-up visit for after surgery – this date may change, depending on how long you are in the hospital. <input type="checkbox"/> Quit smoking at least 2 to 4 weeks before surgery. <p>Starting 7 to 14 days before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Walk 2 miles or at least 20 minutes 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 3 times a day. If you have diabetes, drink ½ serving 6 times a day. <p>Starting 2 days before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do not shave near the surgical areas. <p>Day before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Receive a call from the hospital with your assigned arrival time. <input type="checkbox"/> Before you go to bed, take a shower with the 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. After midnight, you may have only clear liquids, nothing 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 last night. <input type="checkbox"/> Do not apply deodorant, lotions, scents, or hair products after your shower. <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"/> An <i>intravenous</i> (IV) line will be placed in your arm to give you antibiotics and fluids. <input type="checkbox"/> We will give you a heating blanket to keep you warm, improve healing, and lower infection risk. <input type="checkbox"/> Your surgeons and other members of your care team will meet with you to answer any questions you have. <input type="checkbox"/> The Anesthesia team will talk with you about the <i>anesthesia</i> (sleeping medicine) you will receive during surgery. <input type="checkbox"/> The Anesthesiology team will take you to the operating room. <input type="checkbox"/> We will take your family or friends to the surgery waiting room. 	<p><i>During surgery, your doctors will inject Exparel (a numbing medicine) along your incision. This will help control pain for 48 to 72 hours after surgery.</i></p> <p>After surgery, you will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wake up in the recovery room, where you will stay for several hours <input type="checkbox"/> Move to your hospital room when you are awake and comfortable, and your vital signs are stable <p>You will have:</p> <ul style="list-style-type: none"> <input type="checkbox"/> An IV in your arm to give you fluids and medicines <input type="checkbox"/> A <i>patient-controlled analgesia</i> (PCA) pump so that you can give yourself pain medicine through your IV as needed <input type="checkbox"/> Wraps on your legs while you are in bed – these wraps fill with air to help with blood flow and lower the risk of blood clots <input type="checkbox"/> A <i>Foley catheter</i> (tube) in your bladder to drain urine (placed during surgery) <p>Your nurse will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Help you sit on the edge of your bed <input type="checkbox"/> Remind you to take sips of clear liquids and chew on ice chips and gum to get your digestion working <input type="checkbox"/> Teach you how to use an <i>incentive spirometer</i> (blue breathing device)



Day 1	Day 2	Days 3 and 4	Discharge Day	Self-care At Home	
Medicines and Treatments <ul style="list-style-type: none"> <input type="checkbox"/> You will have control of giving yourself pain medicine as needed through your PCA pain pump. <input type="checkbox"/> Foley bladder catheter will be in place. It will be removed by Day 2. 		Medicines <ul style="list-style-type: none"> <input type="checkbox"/> When you can handle solid food, PCA will stop and you will take pain pills by mouth. <input type="checkbox"/> Pharmacist will review enoxaparin (blood thinner) information. <input type="checkbox"/> Nurse will teach you how to give yourself enoxaparin injections. 	<i>Discharge on Day 4 or 5, based on progress.</i> Medicines <ul style="list-style-type: none"> <input type="checkbox"/> Your doctor will prescribe a stool softener. <input type="checkbox"/> Receive prescription pain medicine (opioids). <input type="checkbox"/> Receive enoxaparin to last 28 days. 	<ul style="list-style-type: none"> <input type="checkbox"/> Give yourself 1 shot of enoxaparin every day for 28 days. <input type="checkbox"/> Take a stool softener while taking opioids. Stop taking stool softener if you have diarrhea. <input type="checkbox"/> If you are constipated (hard stool or bowels will not empty), try senna, Miralax, or Milk of Magnesia. <input type="checkbox"/> Start to taper opioids. Take only as needed. <input type="checkbox"/> Take ondansetron (Zofran) for nausea. <input type="checkbox"/> Take pantoprazole every day unless instructed otherwise. <input type="checkbox"/> Eat 5 to 6 small meals a day. <input type="checkbox"/> Walk as much as you can. 	
Diet <ul style="list-style-type: none"> <input type="checkbox"/> Start clear liquid diet. Do not drink more than 8 ounces in 8 hours (about 30 mL an hour). 	Diet <ul style="list-style-type: none"> <input type="checkbox"/> Talk with nutritionist about food choices, portions, and how often to eat. <input type="checkbox"/> When handling liquids, start regular diet. 		Diet <ul style="list-style-type: none"> <input type="checkbox"/> Keep eating a regular diet. Avoid foods with a lot of sugar. 	<ul style="list-style-type: none"> <input type="checkbox"/> Take ondansetron (Zofran) for nausea. <input type="checkbox"/> Take pantoprazole every day unless instructed otherwise. <input type="checkbox"/> Eat 5 to 6 small meals a day. <input type="checkbox"/> Walk as much as you can. 	
Activities/Self-care <ul style="list-style-type: none"> <input type="checkbox"/> Use your spirometer 10 times every hour to keep fluid out of your lungs. <input type="checkbox"/> Do not get out of bed without a nurse's help. <input type="checkbox"/> Your goal is to be out of bed for a total of 6 hours a day. We will help you: <ul style="list-style-type: none"> - Sit up in a chair for all meals. - Take 3 to 4 walks a day. <input type="checkbox"/> Sponge bath. <input type="checkbox"/> Daily weighing. <input type="checkbox"/> Receive diabetes education for diet and insulin on Day 3 (if needed). 		<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Chair for Meals</p> </div> <div style="text-align: center;">  <p>Walking with Help</p> </div> </div>		Activities/Self-care <ul style="list-style-type: none"> <input type="checkbox"/> Shower and dress in your own clothes by about 9 a.m. Discharge goals are met: <ul style="list-style-type: none"> <input type="checkbox"/> Handling your diet <input type="checkbox"/> Pain under control <input type="checkbox"/> Getting around OK <input type="checkbox"/> Passing gas, having bowel movements <input type="checkbox"/> Received diabetes and pharmacy teaching, if needed <input type="checkbox"/> Follow-up clinic visit set for 1 to 2 weeks after discharge 	Cautions <ul style="list-style-type: none"> <input type="checkbox"/> For 6 weeks: Do not lift anything that weighs more than 10 pounds (1 gallon of milk weighs almost 9 pounds). <input type="checkbox"/> Do not drink or drive while taking opioids.
Day 1: <ul style="list-style-type: none"> <input type="checkbox"/> Aim to walk ½ mile. <input type="checkbox"/> Occupational Therapist (OT) will assess you and set up a plan. <input type="checkbox"/> Physical Therapist (PT) will assess you and set up a plan. Days 2, 3, 4: <ul style="list-style-type: none"> <input type="checkbox"/> Aim to walk 1 to 1½ miles each day. Day 4: <ul style="list-style-type: none"> <input type="checkbox"/> Shower with help. 		Planning <ul style="list-style-type: none"> <input type="checkbox"/> Meet with social worker to talk about home healthcare or skilled nursing facility (if needed). 		Planning <ul style="list-style-type: none"> <input type="checkbox"/> Plan for your ride home from the hospital. 	Questions or Concerns <ul style="list-style-type: none"> <input type="checkbox"/> Dr. Park's patients: Call 206.598.4477 <input type="checkbox"/> Dr. Pillarisetty's and Dr. Sham's patients: Call 206.606.7555
Planning <ul style="list-style-type: none"> <input type="checkbox"/> Know your discharge goals: <ul style="list-style-type: none"> - Handling regular foods - Passing gas and having bowel movements - Pain under control - Walking by yourself 		<div style="text-align: center;">  <p>Walking</p> </div>			Follow-up Care <ul style="list-style-type: none"> <input type="checkbox"/> Go to your follow-up clinic visit 1 to 2 weeks after discharge.