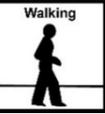


# Total Gastrectomy CareMap

Before, during, and after your hospital stay

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

Before Surgery	Surgery Day	Day 1	Day 2
<p><b>In the Weeks Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Talk about:           <ul style="list-style-type: none"> <li>- What to expect during your hospital stay.</li> <li>- Your plan of care after discharge.</li> <li>- The role of your support person during your hospital stay and after discharge. Give the nurse this person's name and phone number.</li> </ul> </li> <li><input type="checkbox"/> Try to walk 1 mile or do a similar exercise (such as biking or swimming) at least 5 days a week. </li> <li><input type="checkbox"/> Quit smoking at least 2 weeks before your surgery.</li> <li><input type="checkbox"/> Plan a visit with your primary care provider (PCP) and chronic pain provider (if needed) for 1 week after discharge.</li> </ul> <p><b>Starting 5 Days Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Drink your immunonutrition supplement (Ensure Surgery or Impact Shake) 3 times a day. If you have diabetes, drink 1/2 serving 6 times a day.</li> </ul> <p><b>Day Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take your medicines as instructed.</li> <li><input type="checkbox"/> Starting <b>24 hours before</b> surgery, drink <b>only</b> liquids. (Do not do this if you have a diagnosis of CDH1.)</li> </ul> <p><b>Night Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a shower with Hibiclens (chlorhexidine) soap. </li> <li><input type="checkbox"/> You may shave if it is an area that you usually shave.</li> <li><input type="checkbox"/> <b>Before midnight:</b> Drink 1 bottle (8 ounces) of apple juice. </li> <li><input type="checkbox"/> <b>After midnight:</b> Have <b>only</b> clear liquids up until 2 hours before your scheduled arrival time at the hospital.</li> </ul>	<p><b>Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Before you leave home, take a second shower with chlorhexidine.</li> <li><input type="checkbox"/> Starting 2 hours before surgery, do not eat or drink anything <b>EXCEPT:</b> <ul style="list-style-type: none"> <li>- Right after you park at the hospital, drink 1 bottle (8 ounces) of apple juice. </li> </ul> </li> <li><input type="checkbox"/> We will start an intravenous (IV) line to give you medicines and fluid. </li> </ul> <p><b>During Surgery</b></p> <p>We will:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Start antibiotics.</li> <li><input type="checkbox"/> Insert a urinary catheter to drain urine</li> <li><input type="checkbox"/> Insert drains to remove fluids, if needed.</li> <li><input type="checkbox"/> Put sequential compression devices (SCDs) on your legs to help blood flow.</li> </ul> <p>We may:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Insert a jejunostomy (J-tube) for feedings after surgery. </li> <li><input type="checkbox"/> We may insert an epidural catheter to manage pain.</li> </ul> <p><b>After Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Surgeon meets with family </li> <li><input type="checkbox"/> You will wake up in Post-Anesthesia Care Unit (PACU).</li> <li><input type="checkbox"/> No food or drink</li> <li><input type="checkbox"/> Sit on side of bed with nurse's help. </li> </ul>	<p><b>Diet</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> IV fluids</li> <li><input type="checkbox"/> Nothing by mouth</li> <li><input type="checkbox"/> Daily weight</li> </ul> <p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Given by IV</li> <li><input type="checkbox"/> PCA (medication in IV and/or epidural for pain)</li> </ul> <p><b>Tubes and Drains</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Remove urinary catheter</li> <li><input type="checkbox"/> Surgical drain in belly</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> J-tube flushed</li> <li><input type="checkbox"/> SCDs on legs while in bed</li> <li><input type="checkbox"/> Blood draw</li> </ul> <p><b>Activity Goals</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use incentive spirometer (IS) 10 times every hour while awake.</li> <li><input type="checkbox"/> Be out of bed at least 6 hours.</li> <li><input type="checkbox"/> Sit in chair 3 to 4 times.</li> <li><input type="checkbox"/> Walk at least 9 laps around the unit (1/2 mile)</li> </ul> <p><b>Consults</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Occupational therapy (OT)</li> <li><input type="checkbox"/> Physical therapy (PT)</li> <li><input type="checkbox"/> Nutrition</li> </ul>	<p><b>Diet</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> IV fluids decreased</li> <li><input type="checkbox"/> Clear liquids only in small (30 cc) cups</li> </ul> <p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Given by IV and starting transition to some oral medicines in the afternoon</li> <li><input type="checkbox"/> All oral medicines crushed or in liquid form</li> <li><input type="checkbox"/> PCA or epidural for pain</li> </ul> <p><b>Tubes and Drains</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Surgical drain in belly</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Start tube feeding slowly at 10 cc per hour</li> <li><input type="checkbox"/> SCDs on legs while in bed</li> </ul> <p><b>Activity Goals</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use IS 10 times every hour while awake</li> <li><input type="checkbox"/> Out of bed 6 hours</li> <li><input type="checkbox"/> Walk 18 to 26 laps around the unit (1 - 1 1/2 miles) </li> </ul> <p><b>Consults and Teaching</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> PT and OT</li> <li><input type="checkbox"/> J-tube care teaching with nurse</li> <li><input type="checkbox"/> Home infusion teaching for tube feeding (<i>this may be done on day 3 or 4</i>)</li> </ul>

Day 3	Day 4	Discharge Checklist	Self-Care at Home / Follow Up
<p><b>Diet</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Start full liquid diet in small (30cc cups)</li> <li><input type="checkbox"/> Continue to increase tube feeding to meet nutrition goal.</li> </ul> <p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Transition from PCA to oral pain medicines.</li> <li><input type="checkbox"/> Crush all pills.</li> </ul> <p><b>Lines and Drains</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stop IV fluids</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> SCDs on legs while in bed</li> </ul> <p><b>Activity Goals</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use IS 10 times every hour while awake.</li> <li><input type="checkbox"/> Out of bed for 6 hours, and for all meals.</li> <li><input type="checkbox"/> Walk 18-26 laps (1 - 1½ miles) </li> </ul> <p><b>Consults</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meet with social worker to talk about discharge needs.</li> <li><input type="checkbox"/> PT and OT</li> <li><input type="checkbox"/> Pharmacy teaching for Lovenox</li> <li><input type="checkbox"/> Nutrition teaching for gastrectomy diet</li> <li><input type="checkbox"/> Meet with home infusion nurse to learn about tube feedings, if not yet done.</li> <li><input type="checkbox"/> J-tube care teaching with nurse</li> </ul>	<p><b>Diet</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Tube feedings at goal</li> <li><input type="checkbox"/> Full liquid diet</li> <li><input type="checkbox"/> Start soft esophageal diet when you get home</li> </ul> <p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Continue taking oral pain medicines (crushed pills or liquid).</li> </ul> <p><b>Drains</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Remove surgical drain from belly</li> <li><input type="checkbox"/> Remove IV</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> SCDs on legs while in bed</li> </ul> <p><b>Activity Goals</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Walk 18-26 laps (1 - 1½ miles) </li> </ul> <p><b>Consults and Teaching</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meet with nutritionist</li> <li><input type="checkbox"/> Meet with pharmacist to learn about giving Lovenox injections</li> <li><input type="checkbox"/> More J-tube care teaching with nurse</li> <li><input type="checkbox"/> Meet with home infusion nurse to learn about tube feedings, if not yet done</li> <li><input type="checkbox"/> Nurse completes discharge teaching </li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Care team clears you for discharge</li> <li><input type="checkbox"/> Follow-up visits scheduled</li> <li><input type="checkbox"/> Receive final list of all medicines </li> <li><input type="checkbox"/> Shower and dress, then discharge to home  </li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Know who to call in an emergency, or if you have pain or discomfort.</li> <li><input type="checkbox"/> Do your breathing and coughing exercises.</li> <li><input type="checkbox"/> Weigh yourself every day. </li> <li><input type="checkbox"/> Drink at least 6 cups (8 ounces each) of water or other fluids each day.</li> <li><input type="checkbox"/> Watch your incision for signs of infection.</li> </ul> <p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Continue with tube feedings. A home infusion dietitian will check in with you. The surgical team dietitian will tell you when you can wean off tube feedings and begin a soft diet.</li> <li><input type="checkbox"/> When the dietitian says it is OK, eat <b>only</b> foods from the soft gastrectomy diet. <ul style="list-style-type: none"> <li>- Eat 5 to 6 small meals during the day instead of 3 large meals.</li> <li>- Sit or stand upright for 2 hours after eating or drinking.</li> </ul> </li> </ul> <p><b>Activity Guidelines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Aim to walk 1 mile every day. You can do this over multiple walks. </li> <li><input type="checkbox"/> Do <b>not</b> drive for 2 weeks after surgery.</li> <li><input type="checkbox"/> For 6 weeks after surgery: <ul style="list-style-type: none"> <li><input type="checkbox"/> Do <b>not</b> lift, push, or pull anything that weighs more than 15 pounds (about 2 gallons of water).</li> <li><input type="checkbox"/> Do <b>not</b> strain.</li> </ul> </li> </ul> <p><b>Follow-up Visits</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> First follow-up clinic visit with surgical team and dietitian in about 2 weeks. </li> <li><input type="checkbox"/> Also follow up with PCP and chronic pain provider, if needed.</li> </ul>