

# Fundoplication or Myotomy CareMap

*What to expect before and after surgery*

Before Day of Surgery	Day of Surgery	Day After Surgery: Discharge	
<p><b>2 Weeks Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Set up a visit with your primary care provider (PCP) and chronic pain provider, if you have one.</li> <li><input type="checkbox"/> Start doing 15 to 20 minutes of physical activity every day. This is about 1 mile of walking.</li> </ul> <div data-bbox="205 669 348 813" data-label="Image"> </div> <ul style="list-style-type: none"> <li><input type="checkbox"/> The clinic nurse will explain the soft esophageal diet you must follow for 4 weeks after surgery.</li> </ul> <p><b>If you have achalasia:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Starting 3 days before surgery, begin a full liquid diet.</li> </ul> <p><b>Night Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Drink 8 ounces of apple juice before midnight.</li> </ul> <div data-bbox="205 1312 348 1456" data-label="Image"> </div>	<p><b>At Home</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> For 6 hours before surgery, do not eat anything. You may drink clear liquids.</li> <li><input type="checkbox"/> Starting 4 hours before surgery, do not eat or drink anything, EXCEPT:             <ul style="list-style-type: none"> <li>- Right after you park at the hospital, 2 to 3 hours before your surgery, drink 8 ounces of apple juice.</li> </ul> </li> </ul> <div data-bbox="634 732 777 876" data-label="Image"> </div> <p><b>At the Hospital Before Surgery (Pre-Op)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A nurse will escort you to the Pre-Op area.</li> <li><input type="checkbox"/> You will have an intravenous (IV) line placed in an arm vein.</li> <li><input type="checkbox"/> You will be covered with a heating blanket to keep your body warm. This helps prevent infection.</li> <li><input type="checkbox"/> Use the bathroom before the nurse takes you to the operating room (OR).</li> </ul>	<p><b>After Surgery (Post-Op)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> When you leave the OR, you will have:             <ul style="list-style-type: none"> <li>- An IV in your arm so we can give you fluids and antibiotics</li> <li>- Wraps on your legs that inflate from time to time to prevent blood clots</li> </ul> </li> <li><input type="checkbox"/> You will be in the recovery room for 1 to 2 hours. After that, you will be taken to a hospital room for the night (this may be a semi-private room).</li> <li><input type="checkbox"/> You will use an incentive spirometer to help keep your lungs clear. You will take this device home with you when you are discharged.</li> </ul> <div data-bbox="1226 407 1369 552" data-label="Image"> </div> <p><b>In Your Hospital Room</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You will be on a full liquid diet.             <ul style="list-style-type: none"> <li>- Do <b>not</b> use a straw to drink.</li> <li>- Do <b>not</b> drink carbonated drinks.</li> </ul> </li> <li><input type="checkbox"/> Start taking your home medicines in their crushed or liquid form. You may need to hold some pills if they cannot be crushed.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> You should be walking in the unit hallways 3 times a day.</li> </ul> <p><b>Teaching</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A nutritionist will review your soft esophageal diet. You will be on this diet for 4 to 6 weeks.</li> <li><input type="checkbox"/> A nurse or other member of your care team will teach you about crushing your pills and how to take them while you are on a soft esophageal diet.</li> </ul> <div data-bbox="1843 391 1986 535" data-label="Image"> </div> <p><b>Follow-up Visit</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Your follow-up visit will be set up before you leave the hospital. This visit will be 2 to 3 weeks after your surgery.</li> </ul> <p><b>Discharge</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You will be ready for discharge when you:             <ul style="list-style-type: none"> <li>- No longer need oxygen</li> <li>- Feel your pain is under control</li> <li>- Can empty your bladder all the way</li> <li>- Can handle a full liquid diet</li> </ul> </li> <li><input type="checkbox"/> You will be discharged from the hospital by 11 a.m. or 12 noon.</li> <li><input type="checkbox"/> Take your pill crusher and incentive spirometer with you to use at home.</li> <li><input type="checkbox"/> Keep walking often after discharge to help your recovery.</li> </ul> <div data-bbox="1850 886 1992 1031" data-label="Image"> </div> <div data-bbox="1850 1325 1992 1469" data-label="Image"> </div>