



























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>In the Weeks Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> 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 1 mile or do a similar exercise (such as biking or swimming) at least 5 days a week.  <input type="checkbox"/> Quit smoking by at least 2 weeks before your surgery. <input type="checkbox"/> Plan a visit with your primary care provider (PCP) and chronic pain provider (if needed) for 1 week after discharge. <p>Starting 5 Days Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Drink your immunonutrition supplement (Ensure Surgery) 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 your medicines as instructed. <input type="checkbox"/> Starting 24 hours before surgery, drink only liquids. (You do not need to do this if you have a diagnosis of CDH1.)  <p>Night Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a shower with Hibiclens (chlorhexidine) soap. <input type="checkbox"/> You may shave if it is an area that you usually shave. <input type="checkbox"/> Before midnight: Drink 1 bottle (8 ounces) of apple juice.  <input type="checkbox"/> After midnight: Have only clear liquids up 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"/> Before you leave home, take a second shower with Hibiclens. <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 1 bottle (8 ounces) 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 may 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>Foley catheter</i> to drain urine <input type="checkbox"/> Insert drains to remove fluids, if needed <input type="checkbox"/> Place <i>sequential compression devices</i> (SCDs) on your legs to help blood flow <p>We may:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Insert a <i>jejunostomy</i> (J-tube) for feedings after surgery <p>After Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Surgeon meets with family  <input type="checkbox"/> You will wake up in Post-Anesthesia Care Unit (PACU)  <input type="checkbox"/> No food or drink <input type="checkbox"/> Sit on side of bed with nurse's help 	<p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> IV fluids  <input type="checkbox"/> Nothing by mouth <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Given by IV <input type="checkbox"/> PCA or epidural for pain <p>Tubes and Drains</p> <ul style="list-style-type: none"> <input type="checkbox"/> Remove Foley catheter <input type="checkbox"/> Surgical drain in belly <p>Other</p> <ul style="list-style-type: none"> <input type="checkbox"/> J-tube flushed <input type="checkbox"/> SCDs on legs while in bed <p>Activity Goals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use <i>incentive spirometer</i> (IS) 10 times every hour while awake <input type="checkbox"/> Out of bed to sit in chair 3 to 4 times  <input type="checkbox"/> Walk at least 8 laps around the unit  <p>Consults</p> <ul style="list-style-type: none"> <input type="checkbox"/> Physical therapy (PT)  <input type="checkbox"/> Occupational therapy (OT) 	<p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> IV fluids  <input type="checkbox"/> Nothing by mouth <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Given by IV <input type="checkbox"/> PCA or epidural for pain <p>Tubes and Drains</p> <ul style="list-style-type: none"> <input type="checkbox"/> Surgical drain in belly <p>Other</p> <ul style="list-style-type: none"> <input type="checkbox"/> J-tube flushed <input type="checkbox"/> SCDs on legs while in bed <p>Activity Goals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use IS 10 times every hour while awake <input type="checkbox"/> Out of bed 6 hours <input type="checkbox"/> Walk 18 to 26 laps around the unit  <p>Consults and Teaching</p> <ul style="list-style-type: none"> <input type="checkbox"/> PT and OT  <input type="checkbox"/> J-tube care teaching with nurse

Day 3	Day 4	Day 5	Discharge Checklist	Self-care at Home / Follow Up
<p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start J-tube feedings <input type="checkbox"/> Start sips of clear liquid from small (30 cc) cup <input type="checkbox"/> Decrease or stop IV fluids <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start taking crushed pills by mouth <input type="checkbox"/> PCA or epidural for pain <p>Lines and Drains</p> <ul style="list-style-type: none"> <input type="checkbox"/> Surgical drain in belly <p>Other</p> <ul style="list-style-type: none"> <input type="checkbox"/> SCDs on legs while in bed <p>Activity Goals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use IS 10 times every hour while awake <input type="checkbox"/> Out of bed for 6 hours, plus all meals <input type="checkbox"/> Walk 1 to 1.5 miles  <p>Consults</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with social worker to talk about discharge needs  <input type="checkbox"/> PT and OT 	<p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Full liquid diet <input type="checkbox"/> Stop IV fluids <input type="checkbox"/> Tube feedings progressed <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start taking pain pills <input type="checkbox"/> Stop PCA or epidural <input type="checkbox"/> All oral medicines crushed or in liquid form <p>Drains</p> <ul style="list-style-type: none"> <input type="checkbox"/> Remove surgical drain from belly <p>Other</p> <ul style="list-style-type: none"> <input type="checkbox"/> SCDs while in bed <p>Activity Goals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Walk 1 to 1.5 miles  <p>Consults and Teaching</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with nutritionist <input type="checkbox"/> Meet with home infusion nurse to learn about tube feedings <input type="checkbox"/> Meet with pharmacist to learn about giving yourself Lovenox injections <input type="checkbox"/> More J-tube care teaching with nurse 	<p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Full liquid diet <input type="checkbox"/> Advance to soft esophageal diet when you get home <input type="checkbox"/> Tube feedings progressed <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> All pills crushed <p>Lines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Remove IV <p>Other</p> <ul style="list-style-type: none"> <input type="checkbox"/> SCDs while in bed <p>Activity Goals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Walk 1 to 1.5 miles  <input type="checkbox"/> Discharge to home <p>Consults and Teaching</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nurse completes discharge teaching  <input type="checkbox"/> Patient or caregiver gives Lovenox shot with nurse nearby 	<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"/> Receive final list of all medicines  <input type="checkbox"/> Shower and dress in your own clothes  <input type="checkbox"/> 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 your breathing and coughing exercises.  <input type="checkbox"/> Weigh yourself every day. <input type="checkbox"/> Drink at least 6 glasses (8 ounces each) of water or fluids each day. <input type="checkbox"/> Watch your incision for signs of infection. <p>Nutrition</p> <ul style="list-style-type: none"> <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. <input type="checkbox"/> When the dietitian says it is OK, eat only foods from the soft gastrectomy diet. <ul style="list-style-type: none"> - Eat 5 to 6 small meals during the day instead of 3 large meals. - Stay upright for 2 hours after eating or drinking. <p>Activity Guidelines </p> <ul style="list-style-type: none"> <input type="checkbox"/> Walk 1 mile every day starting the day after discharge. <input type="checkbox"/> Do not drive for 2 weeks after surgery. <input type="checkbox"/> For 4 weeks after surgery: <ul style="list-style-type: none"> - Do not lift, push, or pull anything that weighs more than 15 pounds (about 2 gallons of water). - Do not strain. <p>Follow-up Visits </p> <ul style="list-style-type: none"> <input type="checkbox"/> First follow-up clinic visit with surgical team and dietitian in about 2 weeks. <input type="checkbox"/> Also follow up with PCP and chronic pain provider, if needed.