









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 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 or Impact Shake) 3 times a day. If you have diabetes, drink 1/2 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. (Do not 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 your scheduled arrival time at the hospital. 	<p>Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Before you leave home, take a second shower with chlorhexidine. <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 intravenous (IV) line to give you medicines and fluid. <p>During Surgery</p> <p>We will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start antibiotics. <input type="checkbox"/> Insert a urinary catheter to drain urine <input type="checkbox"/> Insert drains to remove fluids, if needed. <input type="checkbox"/> Put sequential compression devices (SCDs) on your legs to help blood flow. <p>We may:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Insert a jejunostomy (J-tube) for feedings after surgery. <input type="checkbox"/> We may insert an epidural catheter to manage pain. <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 <input type="checkbox"/> Daily weight <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Given by IV <input type="checkbox"/> PCA (medication in IV and/or epidural for pain) <p>Tubes and Drains</p> <ul style="list-style-type: none"> <input type="checkbox"/> Remove urinary 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 <input type="checkbox"/> Blood draw <p>Activity Goals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use incentive spirometer (IS) 10 times every hour while awake. <input type="checkbox"/> Be out of bed at least 6 hours. <input type="checkbox"/> Sit in chair 3 to 4 times. <input type="checkbox"/> Walk at least 9 laps around the unit (1/2 mile) <p>Consults</p> <ul style="list-style-type: none"> <input type="checkbox"/> Occupational therapy (OT) <input type="checkbox"/> Physical therapy (PT) <input type="checkbox"/> Nutrition 	<p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> IV fluids decreased <input type="checkbox"/> Clear liquids only in small (30 cc) cups <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Given by IV and starting transition to some oral medicines in the afternoon <input type="checkbox"/> All oral medicines crushed or in liquid form <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"/> Start tube feeding slowly at 10 cc per hour <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 (1 - 1 1/2 miles) <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 <input type="checkbox"/> Home infusion teaching for tube feeding (<i>this may be done on day 3 or 4</i>)

Day 3	Day 4	Discharge Checklist	Self-Care at Home / Follow Up
Diet <ul style="list-style-type: none"> <input type="checkbox"/> Start full liquid diet in small (30cc cups) <input type="checkbox"/> Continue to increase tube feeding to meet nutrition goal. Medicines <ul style="list-style-type: none"> <input type="checkbox"/> Transition from PCA to oral pain medicines. <input type="checkbox"/> Crush all pills. Lines and Drains <ul style="list-style-type: none"> <input type="checkbox"/> Stop IV fluids Other <ul style="list-style-type: none"> <input type="checkbox"/> SCDs on legs while in bed Activity Goals <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, and for all meals. <input type="checkbox"/> Walk 18-26 laps (1 - 1½ miles)  Consults <ul style="list-style-type: none"> <input type="checkbox"/> Meet with social worker to talk about discharge needs. <input type="checkbox"/> PT and OT <input type="checkbox"/> Pharmacy teaching for Lovenox <input type="checkbox"/> Nutrition teaching for gastrectomy diet <input type="checkbox"/> Meet with home infusion nurse to learn about tube feedings, if not yet done. <input type="checkbox"/> J-tube care teaching with nurse 	Diet <ul style="list-style-type: none"> <input type="checkbox"/> Tube feedings at goal <input type="checkbox"/> Full liquid diet <input type="checkbox"/> Start soft esophageal diet when you get home Medicines <ul style="list-style-type: none"> <input type="checkbox"/> Continue taking oral pain medicines (crushed pills or liquid). Drains <ul style="list-style-type: none"> <input type="checkbox"/> Remove surgical drain from belly <input type="checkbox"/> Remove IV Other <ul style="list-style-type: none"> <input type="checkbox"/> SCDs on legs while in bed Activity Goals <ul style="list-style-type: none"> <input type="checkbox"/> Walk 18-26 laps (1 - 1½ miles)  Consults and Teaching <ul style="list-style-type: none"> <input type="checkbox"/> Meet with nutritionist <input type="checkbox"/> Meet with pharmacist to learn about giving Lovenox injections <input type="checkbox"/> More J-tube care teaching with nurse <input type="checkbox"/> Meet with home infusion nurse to learn about tube feedings, if not yet done <input type="checkbox"/> Nurse completes discharge teaching 	<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  <ul style="list-style-type: none"> <input type="checkbox"/> Shower and dress, then discharge to home  	<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 cups (8 ounces each) of water or other fluids each day. <input type="checkbox"/> Watch your incision for signs of infection.  Nutrition <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. - Sit or stand upright for 2 hours after eating or drinking. Activity Guidelines <ul style="list-style-type: none"> <input type="checkbox"/> Aim to walk 1 mile every day. You can do this over multiple walks. <input type="checkbox"/> Do not drive for 2 weeks after surgery. <input type="checkbox"/> For 6 weeks after surgery: <input type="checkbox"/> Do not lift, push, or pull anything that weighs more than 15 pounds (about 2 gallons of water). <input type="checkbox"/> Do not strain.  Follow-up Visits <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. 