

# Esophagectomy Pathway

Every person is different; your experience may not follow this pathway exactly.

Your doctor or nurse will tell you what to expect.

	Before Surgery	Day of Surgery	1 to 4 Days After Surgery	5 to 7 Days After Surgery	Discharge
<p><i>What should I do?</i></p> 	<ul style="list-style-type: none"> <li>Do not smoke</li> <li>Exercise 30 minutes every day (for example, walk 1 mile everyday)</li> <li>Take care of your teeth and gums</li> </ul> <p>The day before surgery:</p> <ul style="list-style-type: none"> <li>Do a bowel preparation as instructed by your healthcare team</li> </ul> <p>The night before surgery:</p> <ul style="list-style-type: none"> <li>Wash with Hibiclens® skin cleanser</li> </ul>	<ul style="list-style-type: none"> <li>Wash with Hibiclens® in the morning</li> <li>Brush your teeth</li> </ul>	<ul style="list-style-type: none"> <li>Raise the head of your bed</li> <li>Use your incentive spirometer</li> <li>Do coughing and deep breathing exercises</li> <li>Sit up in a chair</li> <li>Walk 1 mile everyday (14 laps)</li> <li>Brush your teeth and use mouth rinses</li> <li>Learn about caring for your incisions</li> </ul>	<ul style="list-style-type: none"> <li>Raise the head of your bed</li> <li>Use your incentive spirometer</li> <li>Do coughing and deep breathing exercises</li> <li>Walk 1 mile everyday (14 laps)</li> <li>Brush your teeth and use mouth rinses</li> <li>Learn about caring for your incisions, drains, and tubes</li> </ul>	<ul style="list-style-type: none"> <li>You will need to raise the head of your bed for the rest of your life</li> <li>Do not drive until your doctor tells you it's ok</li> <li>Do not lift more than 10 pounds for 6 weeks</li> <li>Increase your physical activity as much as you can everyday</li> <li>Call your doctor if you have not had a bowel movement in 48 hours</li> </ul>
<p><i>What tests, procedures and medical devices should I expect?</i></p> 	<p>Pre-surgical testing appointment</p> <ul style="list-style-type: none"> <li>Bring a list of all medications you take with you</li> <li>Your nurse practitioner may order additional tests or doctor's visits</li> </ul>	<p>Before surgery</p> <ul style="list-style-type: none"> <li>Intravenous (IV) line</li> <li>Epidural catheter</li> </ul> <p>After surgery</p> <ul style="list-style-type: none"> <li>Chest drains</li> <li>Nasogastric (NG) tube</li> <li>You may have a feeding tube</li> <li>Urinary catheter</li> <li>Compression boots</li> </ul>	<ul style="list-style-type: none"> <li>IV fluids</li> <li>Chest drains</li> <li>Urinary catheter</li> <li>Blood tests</li> <li>Chest x-ray</li> <li>Epidural catheter</li> </ul>	<ul style="list-style-type: none"> <li>Urinary catheter</li> <li>Blood tests</li> <li>Chest x-ray</li> <li>You may have a swallowing test</li> </ul>	<ul style="list-style-type: none"> <li>You may go home with drains- your nurse will teach you how to care for them</li> <li>Your IV line will be removed</li> </ul>
<p><i>What medications will I take?</i></p> 	<ul style="list-style-type: none"> <li>Talk to your doctor about when to stop taking blood thinners, including aspirin, nonsteroidal anti-inflammatory, and herbal medications</li> </ul>	<ul style="list-style-type: none"> <li>Take only the medications you were instructed to take with a small sip of water</li> </ul>	<ul style="list-style-type: none"> <li>Pain medication in the IV or epidural catheter</li> <li>Blood thinner injections</li> </ul>	<ul style="list-style-type: none"> <li>Pain medicine</li> <li>Stool softeners</li> <li>Start taking your regular medications as directed by your healthcare team</li> </ul>	<ul style="list-style-type: none"> <li>You will receive prescriptions for pain medication and stool softeners</li> </ul>
<p><i>What can I eat and drink?</i></p> 	<ul style="list-style-type: none"> <li>Do not drink alcohol</li> <li>Eat a healthy diet</li> </ul> <p>For 36 hours before surgery:</p> <ul style="list-style-type: none"> <li>Clear liquids only</li> </ul> <p>The night before surgery: </p> <ul style="list-style-type: none"> <li>Nothing to eat or drink after midnight</li> </ul>	<ul style="list-style-type: none"> <li>Do not eat or drink anything </li> </ul>	<ul style="list-style-type: none"> <li>Do not eat or drink anything </li> <li>Meet with your dietitian</li> <li>Your nutrition will come from the IV or feeding tube</li> </ul>	<ul style="list-style-type: none"> <li>Advance your diet as directed by your healthcare team</li> </ul>	<ul style="list-style-type: none"> <li>Advance your diet as directed by your healthcare team</li> <li>You may go home with a feeding tube</li> </ul>