

HPB Surgery Pathway: 6-Day Hospital Stay

Whipple Procedure

Surgery date: _____

Expected discharge date: _____

These are goals for your recovery. Your experience may not follow this pathway exactly. Your doctor or nurse will tell you what to expect. Read your *About Your Whipple Procedure* guide for more information.

	Before Surgery	
What should I do?	<ul style="list-style-type: none"> Follow the instructions in your <i>About Your Whipple Procedure</i> guide. Exercise for 30 minutes (such as walking) every day. Practice using your incentive spirometer. Stop smoking, if you smoke. Talk with your health care agent about your advance directives (such as your Health Care Proxy form). 	<ul style="list-style-type: none"> Start planning your care after surgery. Plan your ride home from the hospital. Make sure someone can pick you up by 11:00 AM on your expected discharge date. <p>The day before surgery:</p> <ul style="list-style-type: none"> Wash with Hibiclens® in the evening.
What appointments, tests, and procedures will I have?	<p>Presurgical testing (PST) appointment:</p> <ul style="list-style-type: none"> Bring a list of all medications you take. Bring results from medical tests done outside of MSK. Bring a copy of your advance directives (such as a Health Care Proxy form), if you have any. 	<ul style="list-style-type: none"> Your nurse practitioner may order more tests or appointments.
What medications will I take?	<ul style="list-style-type: none"> Follow your healthcare provider's instructions for when to stop taking medications, including blood thinners (such as aspirin), nonsteroidal anti-inflammatory drugs (NSAIDs), and dietary supplements (such as herbal supplements). 	
What can I eat and drink?	<ul style="list-style-type: none"> Follow a healthy diet. If you drink alcohol, follow your healthcare provider's instructions. 	<p>The night before surgery:</p> <ul style="list-style-type: none"> Don't drink or eat anything after midnight.

	Day of Surgery	
What should I do?	Before surgery: <ul style="list-style-type: none"> • Wash with Hibiclens before you leave for the hospital. • Bring your toiletry items to the hospital. • Ask as many questions as you want! 	After surgery: <ul style="list-style-type: none"> • Use your incentive spirometer and do coughing and deep breathing exercises 10 times each hour you're awake. • Move from your bed to your chair. A staff member will help you.
What appointments, tests, and procedures will I have?	Placed before surgery: <ul style="list-style-type: none"> • Intravenous (IV) line • Compression boots on your lower legs • Epidural catheter, if you decide to have one Placed during surgery: <ul style="list-style-type: none"> • Nasogastric (NG) tube in your nose • Urinary (Foley®) catheter in your urethra • Drainage tube(s) in your abdomen (belly), if needed 	<ul style="list-style-type: none"> • You will have these tubes and medical devices when you wake up after surgery.
What medications will I take?	The morning before surgery: <ul style="list-style-type: none"> • Take only the medications you were told to take at presurgical testing. Take them with a small sip of water. 	After surgery: <ul style="list-style-type: none"> • Epidural or IV pain medication • Anti-nausea medication (medication to keep you from feeling like you're going to throw up), if needed • Blood thinner injection, if needed
What can I eat and drink?	2 hours before your scheduled arrival time: <ul style="list-style-type: none"> • Drink the ClearFast® PreOp drink your nurse gave you. • After you finish the ClearFast, don't eat or drink anything else. 	After surgery: <ul style="list-style-type: none"> • Don't eat or drink anything. • You will get fluids through your IV line.

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While you're in the hospital:

- You will wear compression boots while you're in bed.
- Your weight will be measured every day.
- You will have blood tests every day.
- Tell your nurse if you have pain, nausea (feel like you're going to throw up), or itching.

	1 Day After Surgery	2 Days After Surgery
What should I do?	<ul style="list-style-type: none"> • Move from your bed to your chair 3 times today. A staff member will help you. • Try to walk. A staff member will help you. • Shower. A staff member will help you. • Use your incentive spirometer and do coughing and deep breathing exercises 10 times each hour you're awake. • Read the resource <i>Call! Don't Fall!</i> 	<ul style="list-style-type: none"> • Start learning how to care for your incision. Your nurse will teach you. • Sit in your chair for longer than you did yesterday. Try to sit there for most of the day. A staff member will help you move to your chair, if needed. • Walk with help 3 times today. Follow your healthcare team's instructions. • Shower. A staff member will help you. • Use your incentive spirometer and do coughing and deep breathing exercises 10 times each hour you're awake.
What appointments, tests, and procedures will I have?	<ul style="list-style-type: none"> • Your NG tube will be removed. • A physical therapist or occupational therapist will visit you in your room. They will talk with you to plan a rehabilitation program that fits your needs. 	<ul style="list-style-type: none"> • Your Foley catheter will be removed.
What medications will I take?	<ul style="list-style-type: none"> • Epidural or IV pain medication • Anti-nausea medication, if needed • Blood thinner injection, if needed 	<ul style="list-style-type: none"> • Epidural or IV pain medication • Anti-nausea medication, if needed • Blood thinner injection, if needed
What can I eat and drink?	<ul style="list-style-type: none"> • Start drinking sips of clear liquids. • You will get fluids through your IV line. 	<ul style="list-style-type: none"> • Drink clear liquids. Follow your healthcare team's instructions. • You will get fluids through your IV line. • A clinical dietitian nutritionist will visit you in your hospital room today or tomorrow.

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	3 Days After Surgery	4 Days After Surgery
What should I do?	<ul style="list-style-type: none"> • Start planning for discharge (leaving the hospital). Your nurse and case manager will help you. • Sit in your chair for longer than you did yesterday. Try to sit there for most of the day. A staff member will help you move to your chair, if needed. • Walk with help 3 times today. Try to walk farther than you did yesterday. Follow your healthcare team's instructions. • Shower. A staff member will help you. • Use your incentive spirometer and do coughing and deep breathing exercises 10 times each hour you're awake. 	<ul style="list-style-type: none"> • Keep planning for discharge. • Sit in your chair for longer than you did yesterday. Try to sit there for most of the day. A staff member will help you move to your chair, if needed. • Walk with help 3 or more times today. Try to walk farther than you did yesterday. Follow your healthcare team's instructions. • Shower. A staff member will help you. • Use your incentive spirometer and do coughing and deep breathing exercises 10 times each hour you're awake.
What appointments, tests, and procedures will I have?		<ul style="list-style-type: none"> • If you have an epidural catheter, it will be removed.
What medications will I take?	<ul style="list-style-type: none"> • Epidural or IV pain medication • Anti-nausea medication, if needed • Medication to prevent constipation (having fewer bowel movements than usual) • Blood thinner injection, if needed 	<ul style="list-style-type: none"> • Epidural, IV, or oral pain medication • Some of your usual medications, if needed • Anti-nausea medication, if needed • Medication to prevent constipation • Blood thinner injection, if needed
What can I eat and drink?	<ul style="list-style-type: none"> • Start eating small amounts of solid foods. Follow your healthcare team's instructions. • Read the resource <i>Eating After Your Gastric Bypass Surgery or Whipple Procedure</i>. 	<ul style="list-style-type: none"> • Eat solid foods. Eat small, frequent meals. Follow your healthcare team's instructions.

If you have a drainage tube in your abdomen, your healthcare team will keep track of how much fluid is draining. Once the amount is low enough, they will remove the tube. Some people still have their drainage tube when they're discharged. If you do, your nurse will teach you how to care for it at home and give you the supplies you need. Your healthcare team will tell you what to expect.

	5 Days After Surgery	6 Days After Surgery (Day of Discharge)
What should I do?	<ul style="list-style-type: none"> • Keep planning for discharge. • Make sure you have a ride home from the hospital. Plan to leave the hospital by 11:00 AM tomorrow. • Sit in your chair for longer than you did yesterday. Try to sit there for most of the day. A staff member will help you move to your chair, if needed. • Walk with help (if needed) 4 or more times today. Try to walk farther than you did yesterday. Follow your healthcare team's instructions. • Shower. A staff member will help you. • Use your incentive spirometer and do coughing and deep breathing exercises 10 times each hour you're awake. 	<ul style="list-style-type: none"> • Gather your belongings in the morning. • Finish planning for your discharge. • Sit in your chair for most of the day. • Walk with help (if needed). Follow your healthcare team's instructions. • Use your incentive spirometer and do coughing and deep breathing exercises 10 times each hour you're awake. • If your ride isn't at the hospital when you're discharged, you may be able to wait in the Patient Transition Lounge. Your nurse will give you more information.
What appointments, tests, and procedures will I have?		<ul style="list-style-type: none"> • Your IV will be removed. • If you have an implanted port (Mediport®) and a needle in your port, the needle will be removed. • Your nurse will give you discharge instructions. • Your nurse will give you supplies to care for yourself at home, if needed.
What medications will I take?	<ul style="list-style-type: none"> • IV or oral pain medication • Your usual medications, if needed • Anti-nausea medication, if needed • Medication to prevent constipation • Blood thinner injection, if needed 	<ul style="list-style-type: none"> • Oral pain medication • Your usual medications, if needed • Anti-nausea medication, if needed • Medication to prevent constipation • Blood thinner injection, if needed <p>Before you're discharged:</p> <ul style="list-style-type: none"> • Your doctor will give you prescriptions for oral pain medication and stool softeners. • A discharge pharmacist and your nurse will talk with you about the medications you will take at home.
What can I eat and drink?	<ul style="list-style-type: none"> • Eat solid foods. Eat small, frequent meals. Follow your healthcare team's instructions. 	<ul style="list-style-type: none"> • Eat solid foods. Eat small, frequent meals. Follow your healthcare team's instructions.

	After Discharge
What should I do?	<ul style="list-style-type: none"> • Follow the instructions in your <i>About Your Whipple Procedure</i> guide. • Don't drive while you're taking prescription pain medication. • Don't lift more than 10 pounds (4.5 kilograms) for 6 to 8 weeks. • Keep walking or doing other light exercise every day, like you did while you were in the hospital. Try to exercise for a little longer every day. Walk outside of your house (such as outdoors or at your local mall or shopping center), if you can. • Keep doing your coughing and deep breathing exercises and using your incentive spirometer. • It's normal to have fatigue (be more tired than usual). • Call your doctor's office if you have: <ul style="list-style-type: none"> — A temperature of 100.5 °F (38 °C) or higher. — New pain or redness around your incision. — Diarrhea or other changes in your bowel function. — Trouble eating enough food throughout the day. — Any questions or concerns.
What appointments, tests, and procedures will I have?	<ul style="list-style-type: none"> • The nurse who works with your surgeon will call you a few days after you're discharged. • Your first follow-up appointment will be 1 to 2 weeks after you're discharged.
What medications will I take?	<ul style="list-style-type: none"> • Oral pain medication, as needed • Stool softeners, as needed
What can I eat and drink?	<ul style="list-style-type: none"> • Eat solid foods. Eat small, frequent meals. Follow your healthcare provider's instructions. • Read the resource <i>Eating After Your Gastric Bypass Surgery or Whipple Procedure</i> for more information.

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