




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