











# Surgery on the Distal Pancreas 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	Post-Op Day 1	Post-Op day 2
<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>• IV started</li> <li>• Possible epidural catheter for pain control</li> </ul> <p>During Surgery</p> <ul style="list-style-type: none"> <li>• Nasogastric (NG) tube inserted through your nose to drain stomach fluid</li> <li>• Urinary catheter</li> <li>• Possible drainage tubes in abdomen</li> <li>• Compression boots on legs for circulation</li> </ul>	<ul style="list-style-type: none"> <li>• Compression boots on when not walking</li> <li>• Urinary catheter</li> <li>• NG tube comes out</li> <li>• IV fluids</li> <li>• Blood tests</li> </ul>	<ul style="list-style-type: none"> <li>• Compression boots on when not walking</li> <li>• Urinary catheter</li> <li>• IV fluids</li> <li>• Blood tests</li> </ul>
<p><i>What medications will I take?</i></p> 	<ul style="list-style-type: none"> <li>• Talk with your doctor about when to stop taking blood thinners, including aspirin, nonsteroidal anti-inflammatory drugs, and herbal supplements</li> <li>• Receive immunizations</li> </ul>	<ul style="list-style-type: none"> <li>• Take only the medications your doctor has told you to take with a small sip of water</li> </ul>	<ul style="list-style-type: none"> <li>• Pain medication by epidural or IV</li> <li>• Call your nurse if your pain is not controlled</li> <li>• You will receive a blood thinner shot to prevent blood clots</li> </ul>	<ul style="list-style-type: none"> <li>• Pain medication by epidural or IV</li> <li>• Call your nurse if your pain is not controlled</li> <li>• Call your nurse if you are nauseous or itchy</li> <li>• You will receive a blood thinner shot to prevent blood clots</li> </ul>
<p><i>What can I eat and drink?</i></p> 	<ul style="list-style-type: none"> <li>• Clear liquids diet the day before surgery</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>• You may have sips of clear liquids</li> </ul>	<ul style="list-style-type: none"> <li>• Clear liquid diet</li> </ul>
<p><i>What should I do?</i></p> 	<p>The day before surgery:</p> <ul style="list-style-type: none"> <li>• Do a bowel preparation if instructed by your doctor or nurse</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>• Bring your toiletry items</li> <li>• Ask as many questions as you want!</li> </ul>	<ul style="list-style-type: none"> <li>• Use your incentive spirometer 10 times every hour while awake</li> <li>• Your nurse will help you get out of bed into a chair</li> <li>• Try to walk with help</li> </ul>	<ul style="list-style-type: none"> <li>• Continue using your incentive spirometer every hour while awake</li> <li>• Chest physical therapy to assist with coughing and deep breathing</li> <li>• Sit in a chair for a longer period of time</li> <li>• Walk with help as directed</li> </ul>

	Post-Op Day 3	Post-Op Day 4	Post-Op Day 5	Post-Op Day 6: Discharge
<p><i>What tests, procedures and medical devices should I expect?</i></p> 	<ul style="list-style-type: none"> <li>• Urinary catheter removed day 3 or 4</li> <li>• IV fluids</li> </ul>	<ul style="list-style-type: none"> <li>• IV fluids stopped (IV catheter stays in)</li> <li>• Blood tests</li> </ul>	<ul style="list-style-type: none"> <li>• Blood tests</li> </ul>	<ul style="list-style-type: none"> <li>• Your IV needle will be removed</li> </ul>
<p><i>What medications will I take?</i></p> 	<ul style="list-style-type: none"> <li>• Pain medication by epidural or IV</li> <li>• Call your nurse if your pain is not controlled</li> <li>• Call your nurse if you are nauseous or itchy</li> <li>• You will receive a blood thinner shot to prevent blood clots</li> </ul>	<ul style="list-style-type: none"> <li>• Pain medication by mouth</li> <li>• Epidural or IV pain medication stopped</li> </ul>	<ul style="list-style-type: none"> <li>• Pain medication by mouth</li> <li>• Stool softeners</li> <li>• Start taking your regular medications again</li> </ul>	<ul style="list-style-type: none"> <li>• You will receive prescriptions for pain medication and stool softeners</li> <li>• Your doctor will review your regular medications with you</li> </ul>
<p><i>What can I eat and drink?</i></p> 	<ul style="list-style-type: none"> <li>• Clear liquid diet, advancing to a regular diet as you tolerate it</li> </ul>	<ul style="list-style-type: none"> <li>• Regular diet</li> </ul>	<ul style="list-style-type: none"> <li>• Regular diet</li> </ul>	<ul style="list-style-type: none"> <li>• Regular diet</li> </ul>
<p><i>What should I do?</i></p> 	<ul style="list-style-type: none"> <li>• Continue using your incentive spirometer every hour while awake</li> <li>• Chest physical therapy to assist with coughing and deep breathing</li> <li>• Sit in a chair for a longer period of time</li> <li>• Walk with help as instructed</li> </ul>	<ul style="list-style-type: none"> <li>• Continue using your incentive spirometer every hour while awake</li> <li>• Chest physical therapy to assist with coughing and deep breathing</li> <li>• Sit in a chair for a longer period of time</li> <li>• Walk with help as instructed</li> </ul>	<ul style="list-style-type: none"> <li>• Continue using your incentive spirometer every hour while awake</li> <li>• Chest physical therapy to assist with coughing and deep breathing</li> <li>• Sit in a chair for most of the day</li> <li>• Walk without help</li> </ul>	<ul style="list-style-type: none"> <li>• You will be discharged home</li> <li>• Do not drive while you are on pain medication</li> <li>• Do not lift more than 10 pounds for 6 weeks</li> <li>• Walk as much as possible</li> <li>• Expect to feel tired</li> <li>• Call your doctor with any questions or concerns</li> </ul>