



Information for You from Your Health Care Team

Discharge Instructions for Esophageal Procedures

Activities:

- You need to shower every day. Remember to take off your dressing before your shower.
- After your shower, pat your incisions dry and replace dressings.
- Do not take a tub bath until your doctor says it is ok.
- Do not lift, push or pull anything 10 pounds or more.
- You should not drive for at least 4 weeks, but you can be a passenger.
- You can and should walk as much as you can either in your home or outside.
- Increase how long you walk each day as instructed by the physical therapist.
- Make sure you do the physical therapy exercises for your upper body.
- Wear white elastic stockings during the day for 2-3 weeks. Take them off at bedtime.
- Use your breathing exerciser every 1-2 hours while awake every day for 2 weeks.
- Be active and do as much of your normal routine as you can. When you are tired, take a nap
- Do not sit with your legs down for long periods of time.
- Keeping active will help prevent blood clots from forming in the veins of your legs.

Eating and Feeding:

- Keep the head of your bed elevated 15-30 degrees at all times – Do Not lay flat.
- You can put your upper bed posts on wooden blocks or bricks or buy a foam wedge from medical supply store.
- Eat 4-6 small meals a day, and snack in between if possible.
- Do not eat within 2 hours of bedtime.
- Keep a food diary of everything you eat and bring it with you to your clinic appointment.
- Eat soft solid foods at home. Avoid raw vegetables, breads, and meats, as they may get stuck in your new esophagus.
- Avoid carbonated beverages.
- Avoid using straws.
- You may feel cramping and sweating with some foods. Everybody is different. Try foods that work for you.
- Dumping symptoms usually start one-half hour after eating and may last 1-2 hours. Some people feel better if they rest when the symptoms occur.

J-Tube:

- J-Tube care – change the dressing every day. If becomes soiled after you have already changed it you may change the dressing as needed.
- Clean the skin around your J-Tube with mild soap or half strength hydrogen peroxide.
- When cleaning around your J-Tube you may need to use a cotton swab.
- Flush the J-Tube with 60ml tap water every 6-8 hours to keep it from getting clogged.
- Give J-Tube feedings as taught in the hospital.
- Some medicines are able to go through the J-Tube. Crush these and mix with water.
- Be sure to flush your tube well after placing medicine through it.
- Weigh yourself every Monday and Thursday and record your weight. Bring this record to your clinic appointments.
- The J-Tube may be removed after 6 weeks. It may stay in 2-3 months depending on your weight and your diet.

Please call your doctor if you have:

- A fever over 101 degrees.
- An increase in redness, swelling, pain, or drainage from your incision.
- An incision that opens up.
- Chest pain or shortness of breath.
- A cough that brings up thick yellow, tan, green, or bloody mucus.
- A feeling like food is sticking and won't go down.
- Trouble swallowing.

You have an appointment with Dr. _____ on _____ at _____.
Please bring a list of questions at the time of your visit.

**Please Speak Up If You Have Any Questions or Concerns
We are here to Help and Support You!**

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