

My Recovery Roadmap

Endoscopic Submucosal Dissection with an Upper Endoscopy

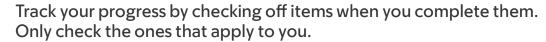
Before your visit, read Getting Ready for Surgery by:

Visiting www.msk.org/ready_surgery.

☐ I stopped eating at or before midnight the

night before my procedure.

- Pointing your smartphone's camera at the QR code to the right.
- Asking for a printed copy.





Pre-Operative (Pre-op) Visit

Getting ready for my procedure	The day of my procedure
 □ I read Getting Ready for Surgery. □ I called my healthcare provider to ask them questions or I do not have any questions. 	 I did not drink more than 12 ounces of water between midnight and 2 hours before my procedure.
2 weeks before my procedure	 I stopped drinking anything 2 hours before my procedure.
 I got a clearance letter from my cardiologist (heart doctor) for my automatic implantable cardioverter- 	 I took only the medications I was told to take the morning of my procedure, with sips of water.
defibrillator (ACD).	 I did not put lotions, creams, or powders on my chest or arm.
l week before my procedure	☐ I removed all jewelry and piercings.
 I stopped taking aspirin and any medications that have aspirin in them. 	 I removed my contact lenses and wore my glasses.
 I arranged for a responsible care partner to take me home. 	☐ I know my planned discharge date.
	\Box I have a ride home from the hospital.
2 days before my procedure I stopped taking iron supplements.	☐ I have a caregiver to help me at home after my procedure.
The day before my procedure	• •
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Getting ready to leave

☐ I have arranged a ride home from the hospital for the day I am being discharged.

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Track your progress by checking off items when you complete them. Only check the ones that apply to you.

Only check the ones that apply to you.			
Day of procedure (post-op)	Day after procedure	Getting ready to go home	
Eating and drinking☐ I started drinking liquids.☐ I ate solid food.	Managing my pain ☐ I talked with my care team about my pain medications.	Leaving the day after my procedure I have a responsible care	
Managing my pain	Moving around ☐ I moved from my bed to sit	partner to take me home. ☐ I ate breakfast. ☐ I have instructions for what I can and cannot eat and drink at home.	
I talked with my care team about my pain medications.I took oral (by mouth)	in my chair. ☐ I increased the amount I		
pain medication. Moving around	walked throughout the day.	☐ I reviewed my discharge instructions with my nurse.	
☐ I followed my nurse's instructions to use my incentive spirometer.		 I reviewed the medications I'll take at home with my pharmacist or nurse. 	
 I moved to my chair with help. 			
 I walked around the unit with help. 			