



# 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](http://www.msk.org/ready_surgery).
- Pointing your smartphone's camera at the QR code to the right.
- Asking for a printed copy.



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

### Pre-Operative (Pre-op) Visit

#### Getting ready for my procedure

- I read *Getting Ready for Surgery*.
- I called my healthcare provider to ask them questions or I do not have any questions.

#### 2 weeks before my procedure

- I got a clearance letter from my cardiologist (heart doctor) for my automatic implantable cardioverter-defibrillator (ACD).

#### 1 week before my procedure

- I stopped taking aspirin and any medications that have aspirin in them.
- I arranged for a responsible care partner to take me home.

#### 2 days before my procedure

- I stopped taking iron supplements.

#### The day before my procedure

- I stopped eating at or before midnight the night before my procedure.

#### The day of my procedure

- I did not drink more than 12 ounces of water between midnight and 2 hours before my procedure.
- I stopped drinking anything 2 hours before my procedure.
- I took only the medications I was told to take the morning of my procedure, with sips of water.
- I did not put lotions, creams, or powders on my chest or arm.
- I removed all jewelry and piercings.
- I removed my contact lenses and wore my glasses.
- I know my planned discharge date.
- I have a ride home from the hospital.
- I have a caregiver to help me at home after my procedure.



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### Day of procedure (post-op)

#### Eating and drinking

- I started drinking liquids.
- I ate solid food.

#### Managing my pain

- I talked with my care team about my pain medications.
- I took oral (by mouth) pain medication.

#### Moving around

- I followed my nurse's instructions to use my incentive spirometer.
- I moved to my chair with help.
- I walked around the unit with help.

#### Getting ready to leave

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

### Day after procedure

#### Managing my pain

- I talked with my care team about my pain medications.

#### Moving around

- I moved from my bed to sit in my chair.
- I increased the amount I walked throughout the day.

### Getting ready to go home

#### Leaving the day after my procedure

- I have a responsible care partner to take me home.
- I ate breakfast.
- I have instructions for what I can and cannot eat and drink at home.
- I reviewed my discharge instructions with my nurse.
- I reviewed the medications I'll take at home with my pharmacist or nurse.