

I Am Scheduled for a Cesarean Delivery. What Can I Expect?

BEFORE YOUR SURGERY

- You should not eat any food after midnight on the evening before surgery
- Drink 12 oz. full-calorie Gatorade the evening prior to your surgery
- Take 40 mg Famotidine (antacid available over-the-counter) on the evening prior to surgery
- Drink 12 oz. full-calorie Gatorade again 3-4 hours prior to surgery
- Shower using soap and water the night prior or morning of your surgery
- Do not shave or wax your pubic area as this may increase the risk of infection
- Plan to arrive at hospital 2 hours before your scheduled surgery
- Bring a list of your current medications and their doses
- Plan to stay in the hospital 3-4 days

DAY OF SURGERY

- You can park in south parking lot or parking garage, then use the Garrison Wing entrance
- Take Elevators 13 & 14 to the 2nd floor, and check in at the Women & Children's Center registration desk
- We will ask you to change into hospital gown and use sage cleansing wipes on your abdomen
- Your vital signs will be taken and a fetal heart rate tracing obtained
- You will have an IV started (small tube placed into your vein to allow fluids to be given)
- The hair in your pubic area will be removed with an electric shaver
- Your nurse will give you some medications (antacid and antibiotics) before your surgery
- If you experienced nausea and vomiting with a prior surgery, you may be given a scopolamine patch to help prevent this
- Your support person will be asked to change into hospital-laundered scrubs
- When the team is ready, your nurse will walk with you to the Operating Room, which is located in the Women & Children's Center

INSIDE THE OPERATING ROOM

- Remember to bring your camera and your favorite music
- You will be connected to monitors so that your vital signs can be observed closely
- Anesthesia will be given to manage your pain during surgery, but you will remain awake to see your baby's birth
- Your nurse will place a catheter (small tube) into your bladder, which will remain until the following morning
- You will have compression devices placed on your legs to prevent blood clots
- Your support person will be brought into the OR and seated by your head

AFTER YOUR BABY'S BIRTH

- You will have early skin-to-skin contact, with the option of using a window drape that allows your newborn to be passed directly to your chest
- A nurse will do an initial assessment of baby's well-being
- Vital signs for mom and baby will be observed closely (every 15 minutes) for the next 2-3 hours, then every 4-8 hours while in hospital
- We recommend limiting visitors to immediate family until after your recovery period is over
- You will be encouraged to get out of bed the day of surgery, and walk regularly throughout your stay
- You may slowly return to a regular diet as tolerated
- Lactation consultants and nurses will provide assistance with feeding your baby

LEAVING THE HOSPITAL

- Your providers will see you daily in the hospital
- You will receive discharge education before going home
- You will arrange a well-baby visit with your pediatric provider and a postpartum visit with your OB provider
- Your newborn will be fitted safely in car seat by trained staff before leaving



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