

North Carolina Women's Hospital

Preparing for Your Baby's Cesarean Birth

Welcome to Labor and Delivery:

You have been scheduled for a cesarean birth on:

_____ at _____(AM/PM).

What do I need to do to prepare for my surgery?

- **DO NOT eat or drink after midnight** the night before your surgery.
- Come to Labor and Delivery at least 2 hours before the scheduled time of your procedure, or at _____ (AM/PM).
- Bring only those personal items needed for the first 24 hours of your stay. Car seats and baby items can be brought to your postpartum room after your baby's birth.
- Do not wear jewelry, watches or contact lenses. It is safest to leave these at home.
- The Recovery Room and Operating Room are kept cool; bring a pair of clean socks to wear during your operation.
- If you are taking any medicines, please let us know when you come to Labor and Delivery. Do **not** take medicines on the morning of surgery unless you are told to do so by your doctor.
- Follow the instructions you receive during your per-op visit and bathe with the antimicrobial skin cleaner prior to coming to the hospital for your operation.
- Please ask us any questions you have.

What will happen when I come to the hospital?

- When you arrive at Labor and Delivery you will be taken to an area, called the recovery room, to get ready for the operation. You will be asked to put on a hospital gown and your nurse will check your baby's heartbeat with a fetal monitor. Your blood pressure, heart rate and temperature will be checked and an IV will be started.
- You may choose one person to go to the operating room with you. This support person will be given special clothing to wear to reduce the chance of infection in the operating room.
 - Talk to your nurse if your support person has a history of fainting or feeling sick at the sight of blood.
 - If there is a medical reason that requires you to be put to sleep for your operation, your support person will be asked to wait for you in the recovery room.
- Next you will be moved to the operating room (OR) where you will receive your anesthesia. A bladder catheter (Foley catheter) will be put in place after you are

numb. Your belly will be cleaned and sterile paper coverings will be placed. Your support person will then be brought into the operating room to sit by you.

- Your baby will be born about 15-20 minutes after the start of the surgery but expect the whole surgery to take around one hour. If you are not asleep, you will be able to see your baby soon after his or her birth.
- Hospital policy does not permit any photography in the operating room. However, you are welcome to take pictures of your new baby after you have both transferred to the recovery room following your operation. For both your safety and the safety of your baby, your support person may not move around the operating room, but remain sitting at the head of the bed.

What should I expect in the recovery room?

- During the first hour after your surgery you will be in the recovery room and you will be monitored very closely. Your heart rate, blood pressure, oxygen level amount of bleeding and pain level will be measured every few minutes until the doctors decides you are ready to be moved to your postpartum room.
- Your baby and your support person can stay with you in the Recovery Room.
- If you are planning to breastfeed your nurse will help you get started
- If your baby has any problems he or she will be taken to the nursery for a careful check.
- Once you are ready to be moved from the recovery room, you will be taken to a private postpartum room where you will stay until you are ready to go home.
- You should expect to stay at the hospital about 3 or 4 days after your surgery.

Additional Instructions:

Call Labor and Delivery at 919-966-3422 if you have any questions.