

Preparing for Your Cesarean Birth

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

- Do not eat or drink anything after midnight the night before and the morning of your surgery.
- Do not take any medicines on the morning of your surgery unless you were told to do so by your doctor.
- If you are diabetic, do not take your insulin on the day of your surgery unless you were told to do so by your doctor. Please tell the operating room nurse you are diabetic and that you didn't take your insulin.
- Take a bath or shower using antibacterial soap the night before or morning of your surgery.
- Do not wear nail polish, jewelry, watches or contact lenses to the hospital. It is safest to leave these items at home.
- Please make arrangements for someone to watch your other children as they can not be at the hospital unattended.
- 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.
- If you have questions, please call (317) 630-7542.

What do I need to do the day of my surgery?

Visit the Admitting Office on the main floor of the hospital 30 minutes before the scheduled time of your procedure. Admitting staff members will give you paperwork and direct you to the unit. Please bring any paperwork that the operating room nurse may need (e.g. tubal ligation paperwork).

What will happen when I come to the hospital?

When you arrive on the unit, you will be taken to 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, respirations and temperature will be checked, and an IV will be started. You will be given antimicrobial wipes and asked to wipe down your abdomen. This will help reduce your risk of getting an infection.

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 waiting area.

You will then be moved to the operating room where you will receive your anesthesia. A bladder catheter (Foley catheter) will be put in place after you are numb. Your stomach area will be cleaned, and a sterile paper covering will be placed over you. Your support person will then be brought into the operating room to sit by your head.

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. Your support person is welcome to take photos of your new baby at this time. For both your safety and the safety of your baby, he/she must remain sitting at the head of your bed and should not move around the operating room.

What should I expect in the recovery room?

After surgery, you will be closely monitored in the recovery room. Your heart rate, blood pressure, respirations, oxygen level, temperature, amount of bleeding and pain level will be

measured every 15 minutes until the doctors and nurses decide you are ready to be moved to your postpartum room (where you will stay until you are ready to go home). Your support person can not be in the recovery room but will be directed to your postpartum room. You should expect to stay at the hospital for two to three days after your surgery.