



C-SECTION

Date _____

Time of Surgery _____

Time to Arrive in L&D _____

Your obstetrician has scheduled you for a Cesarean Section in Labor & Delivery at Methodist Hospital. Here are a few things you should know.

- A. It is not routinely necessary to have lab work drawn prior to the day of your surgery.**
 1. Pre –registration is highly recommended & will prevent delays in preparing you for your surgery.
 2. On the day your Cesarean Section is scheduled, come to the hospital at least 2 ½ hours before your surgery is scheduled. If you are late, your surgery may be delayed.
- B. Here are some things you need to remember before your Cesarean Section:**
 1. **DO NOT EAT ANYTHING AFTER MIDNIGHT** the night before your surgery. You are encouraged to drink clear liquids like Gatorade, apple juice or water up until 2 hours before your scheduled surgery.
 2. To decrease the risk of wound infection following Cesarean Section please follow these recommendations:
 - a - Shower with "Hibiclens", using a washcloth, the night before and the morning of your scheduled Cesarean section. "Hibiclens" can be purchased over the counter at most grocery stores or pharmacies. **Do not apply body lotions after showering.**
 - b - Please do **NOT** shave the surgical site 2 days prior to coming in for your surgery as this is shown to increase the risk of wound infection.
 3. Remove all jewelry and body piercings before you come to the hospital.
 4. The only belongings you might need in Labor and Delivery are:
 - a. Slippers or socks.
 - b. A camera (no video recorders, please)
 - c. Copy of medical power of attorney or living will.
 5. Leave all belongings in your car (i.e. suitcases, bags) until after you deliver.
- C. Recovery Room Procedures:**
 1. During the first one to two hours after your Cesarean Section you will have frequent checks.
 2. Due to the level of care that is provided in the recovery area and limited space, only **one** visitor may remain with you in the recovery room.
 3. Your baby will remain with you unless he/she needs to be cared for in the newborn nursery or NICU. The transition nursery is part of the NICU but babies maybe observed for up to 6 hours if they need closer monitoring.