**CAESARIAN SECTION**

Procedure in which the baby is delivered through an incision in the abdominal and uterine walls.

**PRE-OP PROCEDURES**

Appropriate Lab tests (Blood and urine), done prior to admission – usually after pre-admission clinic interview.

If a smoker, try and quit 12 hours prior to surgery.

**Night Before Surgery**

You will be called by phone between 5pm and 7pm to confirm operation time and time you are to be at hospital. If not notified by 9 pm please phone in.

**Anesthesia**

Spinal

**Diet**

Normal nutritious diet up to evening before surgery. Nothing by mouth after midnight night before surgery

May rinse mouth in a.m. but do not swallow.

**Day of Surgery**

Bring

* Personal care items you will need during your hospital stay.
* Your exercises or other instruction sheets received during your visit with the nurse.

**Bowel and Bladder Preparation**

Void before surgery.

**Medication**

May have pre-op sedation up to 2 hours before surgery.

Will have an IV in a.m.

May have IV medications.

**Skin Prep**

Abdominal shave prep from umbilicus down to and including all visible pub hair to be done on admission.

Do not use perfumes, powders or makeup that morning.

Do not wear nail polish.

Incision my be either horizontal or vertical (discuss with surgeon).

**Operating Room**

Length of surgery = 1 hour.

Husband or coach can be present during surgery.

Operating Room Nurse will pick you up 30 minutes ahead of time so epidural can be started. Husband will follow later with nurse. (Unless patient has a general). You will wear a hospital gown.

**PACU – Post Anesthetic Care Unit**

For recovery immediately following surgery.

Approximately ¾ - 1 hour or longer.

Nurses monitor patient until condition stable.

May hve oxygen on.

May have IV.

Pain/nausea medications given if indicated.

May have catheter.

**Ward Routines**

* Transfer to room.
* Temperature on arrival.
* BP and pulse every ½ hour X 5 times then every 4 hours X 48 hours.
* Catheter – urethral (into urethra in perineal area) (May not have)
* Vaginal flow will be checked regularly.
* Perineal care given.
* Abdominal dressing will be checked and changed regularly
* Deep breathing and coughing exercises will be done at least every 4 hours.
* You will stand at bedside on evening of surgery to bend and exercise feet and legs to aid in circulation.
* Encouraged to move feet and legs as much as possible while in bed. At least every hour.
* A post-operative wash will be done following surgery to wash off any preparations used to cleanse skin, as well as to observe the operative area.
* Pain / nausea medication available and given as necessary.
* IV and IV medications may be ordered until discontinued by doctor.
* Diet as ordered by doctor – usually clear fluids advanced to normal diet.
* Gas Pains may occur in 2-3 days. Walking helps these but it may be necessary to ask for pain medications to help relive these.
* A rectal “suppository” or a small “fleet” enema may be ordered by doctor if bowels have not moved on their own.
* Catheter is removed when ordered by doctor.
* Approximate length of hospital stay is 3 – 4 days.

**Baby Care**

* You can still feed and look after your baby. Nurses will help you.