

Elective Caesarean Section

Information for patients

You will receive an appointment for your surgery and pre-assessment.

- At the pre-assessment we will give you medicine to neutralise the acid in your stomach (Ranitidine) and pre-operative carbohydrate drinks.
- If you have diabetes, you should not have the pre-operative carbohydrate drinks. The diabetes team will tell you if your insulin needs to be adjusted.

On the evening before your surgery

- The evening before your surgery, have a large meal high in carbohydrates, such as pasta, potatoes, or rice.
- At 10pm have a snack
- Also at 10pm, have your pre-medications (Ranitidine)

Showering before your operation

When having a shower on the morning of your operation, please **do not use** creams or lotions on your abdomen.

Caesarean section booked for the morning

- **St John's Hospital caesarean sections**
 - Please ensure you and your birth partner attend Ward 11, 1st Floor, St John's Hospital, for 7.45am; follow hospital's signs to the maternity car park.
- **Royal Infirmary of Edinburgh caesarean sections**
 - Please ensure you and your birth partner attend either Ward 211 or Ward 119 at the Royal Infirmary of Edinburgh for 7.30am or 10am. You will be informed the day before at your pre-assessment the time and ward you should attend. Follow hospital signs for the Simpson's Centre for Reproductive Health and car park A.
- You can eat and drink normally up to 2am on the morning of your operation
- Do not chew gum or eat sweets after 2am
- You may still drink water between 2am and 6am
- At 6am have two bottles of your pre-operative drinks with your pre-medications
- After 6am you should fast; i.e. do not eat or drink anything.

Caesarean section booked for the afternoon at St John's Hospital only

- Please ensure you and your birth partner attend Ward 11, 1st floor, St John's Hospital, for 10.30am; follow hospital signs to maternity car park
- You can eat and drink normally until 7am on the day of your operation
- You may still drink water between 7am and 11am
- You will be admitted to Ward 11 at 10.30am on the day of your operation
- At 11am in Ward 11, you will be given your second dose of pre-medication Ranitidine and your two pre-operative drinks.

On arrival at the hospital on the day of your operation

- You will be seen by an anaesthetist on the day of your operation
- Please do not wear any jewellery, make-up or nail polish on admission
- Please keep the number of valuables you bring with you to a minimum

Remember to bring the following items into hospital with you on the day of your caesarean section:

We will offer you a drink in recovery and food soon after your operation, but you are welcome to bring your own snack from home if you prefer, e.g. sandwich + banana + cereal bar + non-fizzy drink.	Warm clothing, a dressing gown and slippers. Staying warm is very important. It reduces the risk of infections after your operation. Please tell staff if you feel cold.
Maternity pads	Baby clothes, nappies and cotton wool for babies

What to expect after your operation

- Immediately after your operation you will go to the recovery area
- You can start skin-to-skin contact with your baby straight away and can feed your baby as and when required
- You will have a urinary catheter in your bladder and drips in your arm
- These drips help keep you from being thirsty until you are drinking
- We will remove your catheter in the evening or night on the day of your operation
- After approximately 30 minutes in recovery you will return to the ward
- You will be encouraged to be mobile as soon as possible. If everything is straightforward and you are well, you can be mobile within six hours of returning to the ward. This will help you to recover more quickly. You are encouraged to have 3-4 short walks of approximately five minutes within the first 24 hours after your operation. Staff will help you when you first get out of bed.

- In the first few days after your operation, you may be more comfortable rolling on your side before sitting up. You should pull your tummy in and breathe out when sitting up. Breathe out when moving from sitting to standing.
- It will be recommended that you have daily injections to reduce your risk of getting blood clots (DVT prophylaxis). You will be shown on the ward how to administer these injections
- Ensure you have an adequate supply of simple pain relief at home, such as paracetamol and ibuprofen. You will be given stronger pain relief to take home with you for the first few days after your operation
- It is important that your pain is controlled so that you can walk about, breathe deeply, eat and drink, feel relaxed and sleep well. You will be offered regular pain relief tablets
- Following your operation, your bowel may temporarily slow down. This causes trapped wind which can cause pain/discomfort until it is passed. Getting out of bed and walking around will help.

Expected length of stay in hospital

- Provided all is well after your caesarean section, we may consider discharging you home the following day (*as per NICE guidelines 2011*)
- Longer stays will be planned as required on an individual basis.

Ward information: Royal Infirmary of Edinburgh

- Visiting hours for partners are 10am until 10pm
- For other visitors, the visiting times are 2.30pm - 4pm and 7pm - 8pm
- Please do not have more than three visitors at one time
- Breakfast is available from 7am
- Lunch is served from 12 noon on the ward and dinner is served at 5pm
- The ward contact numbers are: 0131 242 1194 (Ward 119) and 0131 242 2111 (Ward 211)

Ward information: St John's Hospital

- Visiting hours for partners are 10am until 9pm. We have a rest time from 12.30pm to 2.30pm when no visitors are allowed on the ward.
- For other visitors, the visiting times are 2.30pm - 4pm and 7pm - 8pm
- Please do not have more than three visitors at one time
- Breakfast is available from 8am
- Lunch is served from 12.15pm on the ward and dinner is served at 5.15pm approximately
- The ward contact numbers are: 01506 524 111 (Ward 11); 01506 524 024 (Ward 10 DBA) and 01506 524 125 (Labour Ward)

Plans for going home

- Please arrange for someone to take you home from hospital
- You may want to organise some help at home
- If you live alone, you may want to plan in advance to have someone to stay with you for the first few days
- Baby's first newborn check will be completed before your discharge
- The community midwife will visit you the day after you go home.