

The Royal Wolverhampton

NHS Trust

Preparation for Planned Caesarean Section

Perinatal Services Maternity

Surname	Unit No
Forename	NHS No
Address	DOB
Postcode	(or affix patient label)

Your planned surgery is due to take place on the week commencing:

Occasionally it may be necessary to rearrange your operation to another day. This may be because another woman has a more urgent need for delivery on a particular day due to the availability of specialist staff.

The reason you are having a caesarean section is:

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Pre-op appointment

A pre-op appointment will take place 48 hours prior to your planned surgery date on the Fetal Assessment Unit / Maternity Triage.

Leaflets

You should be given the following leaflets in clinic:

	Tick	Sign	Date
Enhanced recovery pathway			

C-sections –
Everything you
need to know



Caesarean birth advice and information – Labour Pains



Contraception choices post birth



Skin-to-skin at c-section



Your planned caesarean section journey

Night before

- Take Omeprazole tablet at 10pm
- Take energy drink **Polycal** at 10pm
- · Do not eat anything after midnight
- Remove any jewellery & nail varnish

On the day

- Take Omeprazole tablet at 6am
- Take energy drink Polycal at 6am
- You can drink sips of water to wet your lips until you go for your surgery

Arriving at hospital

- Arrive at Maternity Reception by 7.15am
- Allow plenty of time to park
- Bring one birthing partner only
- · Please leave your car seat at home or in the car

If you have been told you are having your surgery in the afternoon:

- No food after 7am
- You can drink sips of water to wet your lips until you go for your surgery
- Arrive at Maternity Reception at 11am

Maternity Ward D9

- Meet the midwife looking after you for the morning
- Meet the anaesthetist and doctor performing your surgery
- Have checks and get ready for the birth of your baby
- Occasionally the caesarean sections take longer than we expect, so there is a small chance that your surgery will be delayed to the afternoon; we will keep you informed

Delivery Suite Theatre

- You will have your caesarean supported by your midwife and theatre team
- You will have chance to have delayed cord clamping and skin-to-skin

Recovery

- You will have monitoring in recovery for an hour
- You will have chance for continued skin-to-skin
- We will support you breastfeeding, giving baby colostrum or giving a bottle of milk

Maternity Ward D10

• Your midwife will transfer you to the postnatal ward and hand your care over to the midwifery team there