

Instructions for your Caesarean Section (C-section) Delivery

You have an upcoming caesarean section (C-section) delivery scheduled at Humber River Health. You will also be staying in the hospital for a few days while you are recovering.

Please review the following instructions. **If you have any questions, ask your obstetrician or nurse.**

Your obstetrician's office will let you know the time of your C-section in advance.

On the day of your C-section, please arrive at the hospital 2 hours before the start time.

My C-section is scheduled for: / / Time:

How do I prepare for my C-section?

The following are guidelines to prepare for your C-section. **If these instructions differ from what your obstetrician or anesthesiologist provided, always follow their specific instructions.**

7 DAYS BEFORE YOUR C-SECTION:

- If your **health changes** or you get a cold or fever (at or above 38.5°C or 101.3°F), call your obstetrician as soon as possible.
- If you are on **blood thinners** or **anti-inflammatories**, stop taking them as your obstetrician or anesthesiologist has instructed.

THE DAY BEFORE YOUR C-SECTION:

- Eat meals as you would normally eat, unless instructed otherwise.
- Take or stop medicines, as your obstetrician or anesthesiologist has instructed.



STARTING AT MIDNIGHT BEFORE YOUR C-SECTION:

- ONLY water, Gastrolyte®, Hydralyte®, Pedialyte®, Gatorade®, and/or a drink your doctor may prescribe are allowed up until 4 hours before your C-section.
- No other food, drink, candy, or gum.

4 HOURS BEFORE YOUR C-SECTION:

- NOTHING to eat, chew, or drink.

Taking food or drink incorrectly before surgery is very dangerous and can lead to vomiting and choking. We may also have to cancel and book your delivery for another day.



How do I prepare for my C-section? (continued)

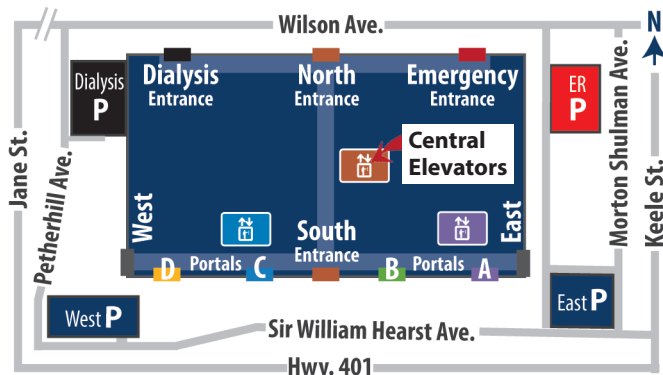
ON THE DAY OF YOUR C-SECTION:

- Take your medicines, as your obstetrician or anesthesiologist has instructed, with a small sip of water.
- Shower and brush your teeth. **Do not use** powders, deodorant, creams, perfume, makeup, or nail polish.
- Wear loose, comfortable clothing and shoes. **Do not** wear hair pins or hair pieces.

TIP: Write the medicines your obstetrician or anesthesiologist has instructed you to take the morning of your C-section on the back of this booklet (p. 4).

GO TO MATERNAL AND CHILD UNIT HUMBER RIVER HEALTH 1235 WILSON AVE., TORONTO ON, M3M 0B2

- You may have **1 designated support person** stay with you throughout your hospital stay. **Do not bring small children with you.**
- Arrive 2 hours before your delivery time.
- Take the **Central Elevators** to **floor 4**. Follow the signs to **“Registration”** to register. **Your support person must also sign-in at this time.**



BRING TO THE HOSPITAL:

- Your **Ontario Health Card**, a **picture identification card**, and **private insurance cards**, if you have any.
- All the medicines you are currently taking**, including over-the-counter medicines, herbals, supplements, in original containers.
- Your completed **Birth Plan**.
- All the paperwork** from your obstetrician and **copies of any heart test results** from your doctor.
- Your **CPAP machine** or **any oral appliances** for sleep apnea.
- Any mobility aids or equipment** as instructed (such as a walker, crutches, brace).
- You **may wear your dentures, eyeglasses, or contact lenses**, but bring the containers to store them. You will need to remove your dentures and/or contact lenses before your C-section.
- Your favourite flavour gum. You can chew it **after your delivery** to help you with your nausea. It will also help your bowels start moving sooner after C-section.
- The bags you prepared for you and your baby.** Please leave the bags with your support person before your C-section. They can bring the bags to your room after your C-section.

Leave all valuables, such as cash, credit cards, jewelry, and expensive clothing at home. The hospital is not responsible for personal belongings.



What can I expect at the hospital?

BEFORE YOUR C-SECTION:

- The nursing staff will prepare you for your C-section and will review your medical history, medicines, allergies, and past health problems.
- The obstetrician and anesthesiologist will speak to you before you go into the birthing room to confirm everything and answer any other questions.
- **If language is a barrier for you, please let us know and we can provide you with over-the-phone or video interpretation.**

AFTER YOUR C-SECTION:

After the C-section, we will move you to the **Birthing Unit Recovery Room**, where you will stay for at least 2 hours. Your may have your support person stay with you in this area.

In this recovery area, nurses will monitor your pain, heart rate, blood pressure, breathing, and surgical site. They will also ask you to practice deep breathing, coughing, and leg exercises (see Figure 1) to help your lungs and circulation.

When your recovery period is over, we will move you into the Postpartum unit.

Figure 1. Leg exercises

Image Source:
PhysioTools



AT DISCHARGE:

The nurses will prepare you for discharge and provide verbal and written teaching on:

- What medicines to take.
- What to expect and how to care for yourself after your C-section delivery.
- What follow-up care you and your baby need.



KEEPING SAFE IN THE HOSPITAL:

As you enter the hospital, please take a mask for you and for your support person to wear.

To keep everyone safe, please **keep your masks on at all times** while in the hospital.

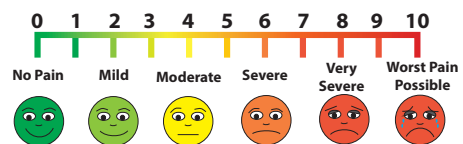
MANAGING YOUR PAIN:

Managing your pain is important for a successful recovery.

- As part of your care, your nurse and obstetrician will regularly ask you if you have pain.
- We will ask you to rate your pain on a scale from 0 to 10, with 10 being the worst. We may use other pain scales with faces or pictures.
- There are many different medicines to treat pain. We may give them to you at the same time. We may also offer a nerve block.
- It is important to tell us when and where it hurts, or if you cannot sleep or do other things, like get out of bed, because of pain. Please talk openly to us about your pain, if your pain is getting worse, or if the medicine is not helping.

My Pain Management

Are you in pain? Tell us how much.



Universal Pain Scale

How do I care for myself after my C-section?

- Follow the SMART discharge instructions after a Caesarean delivery we provided to you at the hospital for care instructions and follow up appointments.
- Refer to the **Having Your Baby at Humber River Health** booklet.
- Drink plenty of fluids and slowly begin to eat your regular meals.
- Take your medicines, as prescribed.
- Continue your deep breathing, coughing, and leg exercises (see Figure 1 on page 3).
- When you are able, start walking around as instructed, but remember to be careful and start slow, as you may feel dizzy or weak.



Call your obstetrician or family doctor if your incision (cut):

- Has redness
- Has yellow or bad-smelling liquid coming out of it
- Is opening up.

If you are unable to get a hold of your doctor, please go to your nearest Emergency Department.

MEDICINES I CAN TAKE THE MORNING OF MY C-SECTION:



QUESTIONS/NOTES:

For more information or help after your C-section, please contact your family doctor or obstetrician or call Health811 (Tel: 8-1-1, TTY: 1-866-797-0007, Web: ontario.ca/Health811)