

Use this chart below to track the times for food, liquids, and medications.

Steps	Planned TIME	DATE	Actual TIME	Reminders
Night before C-section, take 1,000 mg of acetaminophen				Take 1,000 milligrams of acetaminophen (commonly known as Tylenol)
8 hours prior to scheduled C-section, stop eating				Do not eat within 8 hours of your C-section
2 hours before your C-section, drink 8 ounces of approved liquid				Apple juice, cranberry juice, grape juice, or Gatorade
Within 2 hours before C-section, do not take anything by mouth				
Arrive 2 hours before scheduled C-section				Go to Labor and Delivery
Time of scheduled C-section				



Preparing for Your Scheduled C-Section

Information on how to best prepare for your scheduled C-section

Review this information on how to best prepare for your scheduled C-section. Ask your doctor if you have additional questions.

Activity Before Your C-Section:

- There is no reason to limit physical activity before your C-section.

Showers Before Your C-Section:

- Shower the evening before and/or the morning of your surgery.
- Do not shave any area of your body that is near the surgical site.
- Do not apply any lotions or creams to your abdomen.

Eating Before Your C-Section:

- **Do not eat within 8 hours before your scheduled C-section time.**
 - The surgery may be canceled if you eat anything less than 8 hours before your C-section.
- Keep drinking clear liquids until **2 hours before your scheduled C-section time.**
 - Examples of clear liquids: water, ginger ale, apple, cranberry or grape juice, coffee or tea without milk or cream.
- **2 hours before your C-section** drink 8 ounces apple, cranberry or grape juice, or Gatorade.
- If you are a **diabetic**, talk with your doctor about what you should drink.
- **Within 2 hours of your C-section** do not drink or eat anything.
- The surgery may be canceled if you eat or drink anything less than 2 hours before your C-section.

Medications:

- Ask your doctor to review all the medicines you are taking. You may need to stop taking some of them for a few days or longer before your C-section.
- Take 1,000 milligrams of acetaminophen (commonly known as Tylenol) the night before your surgery.



When to Arrive at the Hospital:

- Ask your doctor what time your C-section is scheduled.
- Plan to arrive at Labor and Delivery **2 hours before that time** unless your doctor tells you otherwise.

Your Support Person:

- Your support person (you may have up to 2 support people in the operating room):
 - May be with you in your Labor and Delivery room.
 - Will wait in your Labor and Delivery room until we call them to come to the operating room.
 - Will sit near your head during the surgery.
 - Can help hold your baby in the operating room after delivery.

Labor and Delivery:

In Labor and Delivery you will:

- Meet the nurse who will take care of you during the C-section.
- Sign consent forms for surgery if not already done.
- Meet with an anesthesiologist.

Your nurse will:

- Place an intravenous (IV) line in your arm or hand.
- Clip the hair near your incision.
- Listen to your baby's heartbeat.

In the Operating Room:

- In most cases, you will walk to the operating room with your nurse.
- The anesthesia team will give you a spinal anesthesia or place an epidural unless there are medical reasons why you cannot have a spinal or epidural.
- You will start to feel numb from your breasts to your toes.
- Your nurse or another nurse who may be helping will:
 - Listen to the baby's heart beat after the spinal or epidural is placed.
 - Place wraps on your legs to prevent blood clots.
 - Place a Foley catheter in your bladder to drain urine.
 - Wash your abdomen with an antimicrobial solution.
- You can see the birth of your baby through a clear plastic drape if you want to. Tell your doctor and nurse if you do want to see the birth.
- You can expect to be in the operating room for about 1 hour.
 - Most times the baby is delivered within the first 10 minutes.
- There will be another nurse in the room who will take care of your baby.
 - The nurse will check your baby's health.
 - If it is safe, we will bring your baby to you for skin-to-skin holding.
 - If extra care is needed, your baby's nurse will call to have a neonatal nurse practitioner or neonatal doctor check the baby.
- Once the surgery is over and you are moved off of the operating table to your bed, we will place your baby in your arms.

Right After Surgery:

- We will take you back to your Labor and Delivery room to recover in most cases.
- It is important to limit visitors in the recovery phase to just your support person(s).
- Your nurse will take your vital signs and check your bleeding often in the first 2 hours.
- The feeling in your legs will start to return as the anesthesia wears off.
- You will be able to hold and feed your baby.
- You can begin to drink fluids.
- After 2 hours, you and your baby will be moved to Maternity for the rest of your stay at the hospital.