

# WELCOME

## Preparing for your Caesarean Birth



# Caesarean Birth video

- Please watch our short film to show what you can do to give your baby the best possible start at a caesarean birth
- It is available via the Trust website, follow the link to Maternity



# Pre-op Pack contents

- Individual checklist with caesarean date, MRSA swab results, suggested date and venue for blood test
- 2 leaflets
- 2 blood forms
- 2 boxes of medicines with instructions
- Self-administration of medicine information
- Sheet of labels – please secure these in your notes

Please check your maternity notes for a **yellow consent form**

- Attend to have bloods taken within 72 hours of your caesarean
- Phlebotomy at TWH is opposite Costa – please check in at Main Reception
- Phlebotomy at Maidstone – in green zone near outpatient clinics
- Bring both blood forms for group & save and full blood count

# Advanced Planning

- Please avoid shaving, waxing your bikini area for 2 weeks prior to your operation
- No gel nails, nail polish, clip in hair extensions, false eyelashes or jewellery
- Please remain aware that in EXCEPTIONAL circumstances the date may change
- If awaiting date, we will contact you as soon as possible
- Plan transport and childcare
- Pack separate small bag, including long dressing gown/cardigan and pillow to take in when attending hospital
- Pack other items separately to leave in car
- Remember suitable underwear with regards to wound care and thick maternity pads
- You will be given 3 tablets to take at home (2 Omeprazole and 1 Metoclopramide)

# If birth planned for morning list

- Stop taking blood thinners i.e low dose aspirin or Fragmin/Clexane at least 24hours prior
- Enjoy a carbohydrate rich meal the evening before (non diabetic women only)
- Diabetic women follow normal advice re diet
- Take 1 Omeprazole tablet at 10pm (the box containing 2 tablets)
- Nothing to eat after 2am (includes milky drinks, sweets etc)
- You can drink water up to 6am
- At 6am – take the remaining tablets- 1 Omeprazole and 1 Metoclopramide *with 400mls* carbohydrate drink (non diabetic only) – original **Ribena** or **Lucozade sport** (not zero/low sugar)
- Diabetic women with water only
- Bath or shower – rinse well, please do not use moisturisers
- Arrive at Antenatal Ward, Level 2 at 07:15
- **REMEMBER** to bring your frozen colostrum (if applicable)



# If birth planned for afternoon list

- Stop taking blood thinners i.e low dose aspirin or Fragmin/Clexane at least 24hours prior
- At 6am enjoy a light carbohydrate rich breakfast eg cereal or porridge or toast (non-diabetic)
- Diabetic women follow normal advice re diet
- Take first Omeprazole tablet at 6am (the box containing 2 tablets)
- Nothing to eat after 6am (includes milky drinks, sweets etc)
- You can drink water up to 12pm
- Bath or shower – rinse well, please do not use moisturisers
- At 12 noon – take the remaining tablets- 1 Omeprazole and 1 Metoclopramide with 400mls carbohydrate drink (non diabetic only) – original ribena or lucozade sport (not zero/low sugar)
- Diabetic women with water only
- Arrive at Antenatal Ward, Level 2 at 12:15
- **REMEMBER** to bring your frozen colostrum (if applicable)

# On the day

- You will meet a midwife/nurse, anaesthetist and surgeon. This is your opportunity to ask any questions and discuss your birth preferences
- You will be advised of your place on the list
- Observations will be taken, theatre gown, Kangakardi and support socks will be provided
- Birth partner will be provided with theatre scrubs
- Please put phone into airplane mode

## Once in theatre

- A cannula will be inserted for fluids/antibiotics
- Spinal anaesthesia will be sited
- Your pubic area will be shaved with sterile clippers
- A urinary catheter will be inserted to keep your bladder empty during/after the procedure. This will be removed 6 hours following the caesarean
- A drape will be positioned to screen operation (please discuss wishes to see baby following birth with the team)
- Delayed cord clamping is recommended for 1 minute following birth
- Skin to skin using Kangakardi wrap is encouraged as soon as possible

# Following birth

- You will be taken to the recovery area and cared for by a recovery team which will include observations and support with feeding baby
- You will be transferred to the postnatal ward on Level 3 when stable
- The team will discuss your on going care

## Visitors

- Birth partner is able to stay overnight
- **Please refer to Trust website for updated advice regarding visiting.** Please note during the current coronavirus (Covid-19) outbreak we are operating a strict limited visiting policy. No children will be permitted to visit (including siblings).
- Please be aware no flowers are permitted on the ward



# Discharge

- You will be discharged the following day if both and baby are well
- Please ensure you have an adequate supply of pain relief at home
- Please follow postnatal advice provided during stay in relation to lifting, driving, wound care and blood thinners or any medication

Please contact the Antenatal Clinic if you have any further questions regarding your planned caesarean birth

01892 633044 / 01622 225120

If you have any concerns regarding baby's movements, contractions, waters breaking / fluid loss, bleeding or any other issues please contact Maternity Triage 24hour service on 01892 633500