

Preparing for your Caesarean Birth

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Caesarean Birth video

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[Click here to watch our short video which shows what you can do to give your baby the best possible start at a caesarean birth.](#)



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Pre-op pack contents

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- Leaflets - please read these, they are very important
- 2 boxes of medicines with instructions
- Self-administration of medicine information
- Please check your maternity notes for a yellow consent form
- Attend for bloods 48 hours before your caesarean – please read this information on the email sent to you
- Ensure you take three lateral flow tests leading up to the date of your caesarean (a test two days before, a test the day before and a test on the day of your caesarean). If you get a positive result, please ring our Maternity Triage on 01892 633500 to inform them
- Phlebotomy at TWH is opposite Costa – please check in at Main Reception
- Phlebotomy at Maidstone – in green zone near outpatient clinics



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Advanced planning

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- No gel nails, nail polish, clip in hair extensions, false eyelashes or jewellery
- Please remain aware that in EXCEPTIONAL circumstances the date may change.
- Please answer any calls from a withheld/private number as this may be important information about your procedure.
- Plan transport and childcare
- Please bring everything you need for your operation and stay in hospital when you arrive
- Pack separate small bag, including long dressing gown/cardigan and pillow to take in when attending hospital
- Remember suitable underwear with regards to wound care and thick maternity pads
- [Click here for more information on what to pack in your hospital bag](#)



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If your birth is planned for the morning

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- 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 with your birth partner, Level 2 at 07:15
- REMEMBER to bring your frozen colostrum (if applicable)

If your birth is planned for the afternoon

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- 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 with your birth partner, Level 2 at 12:15
- REMEMBER to bring your frozen colostrum (if applicable)

On the day

- You will meet the midwife/nurse, anaesthetist and surgeon who will be looking after you.
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. A 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, if required
- A urinary catheter will be inserted to keep your bladder empty during/after the procedure.
- 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

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- 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

- One birth partner is able to stay overnight with you on the postnatal ward
- [Click here or refer to the MTW Maternity website for the most up to date visiting policy.](#)

Discharge

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- You will be discharged home 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

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