

Preparing for your Caesarean Birth

NHS
Maidstone and
Tunbridge Wells
NHS Trust

October 2024

 **MTW**
Exceptional people,
outstanding care

Caesarean Birth video



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[Watch our short video to see how you can help give your baby the best start during a caesarean birth. Click here to watch!](#)



Pre-op pack contents



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- Leaflet - Please read these leaflets. They are very important
- 2 boxes of medicines with instructions
- Information on taking your own medicine
- Check your maternity notes for a yellow consent form
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- Get your blood tests done 48 hours before your caesarean. Read the email we sent for more details
- Blood tests (Phlebotomy) at TWH are done opposite Costa. Check in at the Main Reception
- Blood tests (Phlebotomy) at Maidstone are in the Green Zone, near the outpatient clinics



Advanced planning

- Please don't wear gel nails, nail polish, clip-in hair extensions, false eyelashes, or jewellery
- The date of your procedure might change, but only in very rare situations
- Answer calls from private or unknown numbers—these could be important messages about your birth
- Plan your transport and childcare ahead of time
- Bring everything you need for your birth and hospital stay
- Pack a small bag with a long dressing gown, a cardigan, and a pillow
- Make sure to bring suitable underwear for wound care and thick maternity pads.
- [Click here for more information on what to pack in your hospital bag](#)

If your birth is planned for the morning



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- Stop taking blood thinners like low-dose aspirin or Fragmin/Clexane at least 24 hours before your procedure
- Eat a meal rich in carbohydrates the evening before (non-diabetic only)
- If you are diabetic you should follow your usual diet advice
- Take 1 Omeprazole tablet at 10 pm (from the box with 2 tablets).
- Do not eat after 2 am (this includes milky drinks and sweets)
- You can drink water until 6 am
- At 6 am, take the remaining tablets—1 Omeprazole and 1 Metoclopramide—with 400ml of a carbohydrate drink (non-diabetic only). Choose Original Ribena or Lucozade Sport (not low sugar or zero versions).
- If you are diabetic you should only have water at this time
- Have a bath or shower and rinse well, but do not use moisturiser
- Arrive at the Antenatal Ward on Level 2 with your birth partner at 07:15 am
- REMEMBER: Bring your frozen colostrum (if this applies to you)



If your birth is planned for the afternoon



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- Stop taking blood thinners like low-dose aspirin or Fragmin/Clexane at least 24 hours before your procedure.
- At 6 am, have a light carbohydrate-rich breakfast, like cereal, porridge, or toast (non-diabetic only)
- If you have diabetes, follow your usual diet advice
- Take the first Omeprazole tablet at 6 am (from the box with 2 tablets)
- Do not eat anything after 6 am (this includes milky drinks and sweets)
- You can drink water until 12 pm
- Have a bath or shower, rinse well, and do not use any moisturisers
- At 12 noon, take the remaining tablets—1 Omeprazole and 1 Metoclopramide—with 400ml of a carbohydrate drink (non-diabetic only). Choose Original Ribena or Lucozade Sport (not low sugar or zero versions)
- If you have diabetes, only drink water at this time
- Arrive at the Antenatal Ward on Level 2 with your birth partner at 12:15 pm
- REMEMBER: Bring your frozen colostrum (if this applies to you)



On the day



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- You will meet the midwife/nurse, anaesthetist, and surgeon who will look after you
- This is your chance to ask questions and discuss your birth preferences
- You will be told your place on the list for surgery
- Observations will be taken, and you will be given a theatre gown and support socks.
- Your birth partner will receive theatre scrubs
- Please put your phone on airplane mode

Once in theatre

- A cannula will be inserted for fluids and antibiotics
- You will receive spinal anaesthesia
- If needed, your pubic area will be shaved with sterile clippers
- A urinary catheter will be inserted to keep your bladder empty during and after the procedure
- A drape will be used to screen the operation (tell the team if you want to see your baby right after birth)
- Delayed cord clamping is recommended for 1 minute after birth
- Skin-to-skin contact is encouraged as soon as possible



Following birth



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- After your surgery, you will be taken to the recovery area, where the recovery team will look after you. They will check your health and help you with feeding your baby
- When you are stable, you will be moved to the postnatal ward on Level 3
- The team will talk to you about your ongoing care

Visitors

- One birth partner can 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 go home the next day if both you and your baby are well
- Make sure you have enough pain relief at home
- Follow the postnatal advice given during your stay about lifting, driving, wound care, and any medication, including blood thinners

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



