

# Cesarean Section Birth Instructions

## Preparing for your Surgery

### Two to Three Days Prior to Surgery

- If your provider chooses, you may be sent to Pre-admission testing 24-72 hours before surgery is scheduled. Your provider's office will decide if this is a service for you.
- Purchase two bottles of a specified wash (Hibicleans) at your local pharmacy.

### The Night Before your Surgery

- Please no eating or drinking 8 hours prior to your arrival at the hospital. If this is not followed, your surgery may be delayed.
- Shower with your 1st bottle of Hibicleans

### The Day of Your Surgery

- Shower with your 2nd bottle of Hibicleans.
- Please arrive 2 hours prior to surgery and check in at the OB admission desk. This is located on the 3rd floor, just inside the Midstate garage entry.
- Remove all piercings, metal hair pins, and jewelry prior to arrival.
- Leave all belongings in your vehicle. You will only need a photo ID and your insurance card. Your luggage will be collected before you are transferred to the 7th floor.
- Please bring a list of your current medications and a copy of your Advanced Directive.
- You may have one visitor that remains with you during admission, delivery and recovery. All other visitors must remain in the OB waiting area located on the 3rd floor.



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**Thank you for choosing Saint Thomas Midtown for your scheduled Cesarean Section. We want to do all we can to make this a great experience for and your family. There are a few things we would like you to know prior to arrival.**

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## In the Operating Room

- One visitor may accompany you in the operating room.
- Visitors will remain seated at all times, unless otherwise instructed.
- There may be NO videoing or still pictures taken of the surgery. You may take pictures of your newborn after the staff have given permission.
- Facetime, Snapchat, or social media postings of any kind are not permitted while in the OR.
- Because of the nature of surgery, it is imperative that rules in the OR must be followed. If at any time we find it necessary, we may ask you to leave.

## Recovery

- You will be in the recovery area, two to three hours before you are transferred to the Maternal Newborn Center on the 7th floor.
- You and your newborn will remain together in the recovery area as long as both mom and baby are stable and do not require additional support.



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