

Your Caesarean Birth Information for Parents

You have been given this leaflet because you are having a planned caesarean section to deliver your baby. Please ask a member of your health care team if there is anything you are not sure about.

The Pre-assessment Visit

You will be given an appointment for a pre-assessment visit. This will be on the Thursday afternoon before your planned operation. At this visit you will meet members of the ward team including the anaesthetist. You will have the opportunity to ask any questions.

You will be asked to come and have a blood test a couple of days before your operation to check your haemoglobin (looking for signs of anaemia.)

The omeprazole (antacid) tablets given to you must be taken at 10pm the night before your operation and again at 6am on the day of your operation.

You must not have anything to eat from midnight on the night before your operation. You may drink clear fluids (water or clear juice NOT milk) up until 6am.

On the day

Please remove nail varnish, jewellery and make up before coming to hospital. Wedding rings will be covered with tape prior to going to theatre.

Please come to ward 4A at 7am on the morning of your operation. You will be seen by a midwife, the anaesthetist and the surgeon who will answer any questions you have. We will check that you have signed the consent form for the caesarean and review your medical history. You will be given special stockings to wear which reduce the chance of blood clots in your legs. You may need to have the top of your bikini line trimmed. You will be given a hospital gown to change into. One person may accompany you to theatre and they will be given appropriate clothing to wear.

The operation

Your midwife will escort you up to our theatre where your caesarean will take place. There are usually at least 7 members of staff in theatre who all have different roles during your operation. They will all introduce themselves to you.

There is a CD player in theatre and you are welcome to bring a CD with you if you wish. We also advise you bring a camera with you if you wish to capture your baby's first few moments on film! Please do not film any staff unless you have asked their permission.

When you arrive in theatre you will be prepared for your anaesthetic which is usually a spinal – please see our leaflet 'Caesarean section – Your Anaesthetic' for further information.

When you are ready for your caesarean the midwife will clean the inside of your vagina with an antiseptic solution and insert a catheter into your bladder to keep it empty during the procedure. The anaesthetist will give you an antibiotic into your vein to reduce the risk of infection. There will be a screen put up so you cannot see the surgery. The surgeon will clean your tummy and make a cut just below your bikini line. You may feel pulling and pressure during the operation but it should not be painful. The anaesthetist will stay with you at all times and will offer you additional pain relief through your drip if required. It usually takes 5-10 minutes to deliver your baby and around 30 minutes to finish the operation. Delayed cord clamping **is usually** recommended for at least 60 seconds.

When your baby is born the midwife will show him/her to you straight away. The midwife will then dry your baby and do a brief examination. A paediatrician (baby doctor) is immediately available if there are any concerns about your baby. The midwife will then bring your baby to you for a cuddle. Skin to skin is **not always** possible in theatre but your birthing partner could do skin to skin if you wish. The midwife will offer to weigh your baby while your operation is being completed.

At the end of your operation your surgeon will need to do a vaginal examination to check for bleeding and remove any blood clots in the vagina. You may be given a pain killing suppository in your bottom with your consent.

After the operation

After the operation is finished you will be taken to our recovery area where we will monitor you for any signs of immediate complications. Your baby and birthing partner will stay with you and you can start to breastfeed if you wish. We encourage skin to skin contact with your baby in recovery. After about 45 minutes if all is well you will be transferred back to ward 4A.

Back on the ward

If you have had a spinal anaesthetic this will gradually wear off within a few hours. After 6 hours we will gently encourage you to mobilise and have a shower. Your catheter will be removed when you are able to walk to the toilet. You will be offered regular painkillers and help with looking after and feeding your baby as required.

Going Home

Most women will be ready to go home after 24 hours following the birth depending on how you and your baby are doing. You will be given advice on how to look after your wound and how to help your recovery.

We advise regular paracetamol and ibuprofen for most women after discharge home and we recommend that you buy these from your local pharmacy or supermarket. We will supply stronger painkillers for you to take home if these are needed. These drugs are all safe for breastfeeding. Please see our leaflet 'Pain relief during pregnancy and after birth' for more information.

You will be given contact numbers for the ward if you have any concerns after discharge home.

Other important information

If you wear contact lenses please bring your case to store them in while you are in theatre. If you wear glasses you may keep them on in theatre.

It is advisable not to bring jewellery or large amounts of cash/credit cards into hospital.

The date you have been given for your caesarean may sometimes have to be changed at short notice to ensure safety for all women and babies under our care. We will keep you fully informed if this happens.

Occasionally it is not possible to do all the planned Caesarean sections on the list due to a high level of emergency procedures happening on the labour ward or one of the planned caesareans taking more time than anticipated. If this happens to you we will reschedule your Caesarean for as soon as possible and keep you informed.

If you think you are going into labour or your waters have broken before your caesarean date please phone Maternity Assessment Centre on 01422 224419 and we will ask you to come in for assessment. If you are in labour it may not always be safe or appropriate to perform a caesarean. You will be fully assessed and the safest way of delivering your baby will be discussed with you.

Finally.....

We hope your experience during and after the birth of your baby is enjoyable and fulfilling. Please let us know if any aspects of your care could have been improved as we continually strive to improve our service. If you have questions or concerns at any stage please let us know – we are here to help.

If you have any comments about this leaflet or the service you have received you can contact :

Labour Delivery Recovery and Postnatal Suite
Calderdale Royal Hospital
Telephone (01422) 357171

Ward 4A
Calderdale Royal Hospital
Telephone (01422) 224249

www.cht.nhs.uk

If you would like this information in another format or language contact the above

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسری اور فارمیٹ طریبان می درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے می ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"