



The day before your C-section

The FBC will call you the previous evening to confirm the time of arrival for your C-section. If you have not received a call by 9:00 p.m., please call the FBC at 514-340-8277.



The evening before your C-section

The evening before your C-section, you may eat a normal meal. However, **do not eat anything after midnight**. You may drink clear fluids, such as water or apple juice (max. of 500 ml/hr), up to three hours before the scheduled time of the C-section.

The night before your C-section, you must take a shower and wash your whole body for five minutes using the antibacterial soap called Chlorhexidine gluconate 4% soap (You can get this soap from your pharmacy.) **You must repeat this shower in the morning before you come to the hospital for your C-section** to prevent infections. You can wash your hair with your own shampoo, but you must not put any creams or lotions on your skin after you shower.



All diabetic patients who require insulin during their pregnancy should **not** take their insulin injection the morning of their surgery.



On the day of your C-section

When you arrive at the FBC, a nurse will prepare you for surgery. Do not shave your abdomen before surgery.

One person of your choice can be with you in the operating room (OR) after you receive the anesthesia. This person will be given protective clothing, a mask, a covering for their hair and shoes before they enter the operating room. Once in the OR, a urinary tube will be inserted into your bladder after the anesthesia.

What to expect immediately after your C-section

As long as there are no complications after the delivery, and if you are willing, you can have skin-to-skin contact with your baby in the OR.

If your C-section finishes before 2:30 p.m., you will be brought to the FBC recovery room on Pav. K, 3rd floor. As long as there are no complications after delivery, your baby and partner can stay with you. You can have skin-to-skin contact and start to breastfeed your baby or manually express your colostrum. You will stay in the recovery room for one to two hours, and then you will be transferred to the Postpartum Unit (Pav. B & C, 5th floor).

If the C-section finishes after 2:30 p.m., you may be brought to the main recovery room (Pav. K, S1). If so, your baby and partner will be taken to the Postpartum Unit, where they can have skin-to-skin contact while they wait for you.

Your guide to a planned Cesarean Section delivery at the JGH

We look forward to welcoming you to the Family Birthing Centre (FBC) for the birth of your baby!

You must pre-register for your delivery. Go to E-0014—hospital cards (7:00 a.m. - 3:30 p.m.), or after hours go to B-114 (3:30 p.m. – 7:00 a.m.). If you don't have a Medicare card, you must go to B-114.

This is where you will also get your red hospital card. You must have this card before arriving at the FBC (5767 Légaré Street, Pav. K, 3rd floor) for your delivery. Please ensure that all the information on your card is correct, such as the spelling of your name, your address and phone number.

All labour rooms in the FBC are private. At pre-registration, you will request the type of room you prefer for your postpartum stay -- semi-private or private. Please note that **you cannot be guaranteed a private room on the Postpartum Unit**. It will depend on availability at the time of your delivery.

If you begin to experience signs of labour -- such as regular contractions, your water breaking or if you start bleeding -- call the FBC at 514-340-8277 to speak to a nurse.



What to expect on the Postpartum Unit

You will recover on the Postpartum Unit (Pav. B & C, 5th floor) for 48 to 72 hours. You will room-in with your baby and will be separated only if medically indicated. You and your partner will be encouraged to have skin-to-skin contact with your new baby. All of the nurses are available to help you with breastfeeding or to provide information on infant feeding.

If you feel ready, you will slowly be able to start eating and drinking, once you arrive in the Postpartum Unit. Your urinary catheter will be removed around six hours after surgery, to minimize the chance of infection. You will get up to walk as soon as possible after surgery. This is very helpful in your recovery. The nurse will help you the first time you get up.

You will have vaginal bleeding after your C-section. It will start as bright red, then turn pink, then become yellow-white.

Small pieces of tape called Steri Strips™ will be placed over the dissolvable stitches that are used to close your incision. Do not remove these strips until they fall off on their own – this often happens in the shower. If they are still in place after two weeks, remove them yourself. In some cases, clips (staples) will be used instead of stitches, and will be removed by a CLSC nurse once you are home.

Starting on day 2, for optimal healing, your incision should be cleaned daily with mild soap and water in the shower, patted dry and left open to air.



When you return home

Make an appointment with your doctor four to six weeks after your C-section. Until then, avoid:

- lifting anything heavier than your new baby
- abdominal exercises or strenuous activities such as vacuuming (climbing stairs is okay)
- driving for four to six weeks

You can start to take baths once your vaginal bleeding has stopped and your incision is well-healed. Avoid using tampons or vaginal douches.

If you feel ready, you can restart sexual activity after your vaginal bleeding has stopped and your incision is well healed. If you have concerns, call your doctor. You can become pregnant at any time in the postpartum period, so discuss birth control with your doctor before having unprotected sexual intercourse.



When to call your doctor

Call your doctor or go to the Emergency Department if you experience any of the following:

- bright red bleeding for more than four days
- you pass blood clots that are bigger than an egg
- you soak more than one pad per hour
- you experience any fever (over 38.5°C)
- you see redness, swelling or drainage around the incision
- you feel that the incision is separating



Other important phone numbers

- Perinatal Centre: 514-340-8222, ext. 24777
- Family Birthing Centre: 514-340-8277
- Postpartum Unit: 514-340-8222, ext. 25511
- Neonatal Intensive Care Unit: 514-340-8222, ext. 25656



Helpful online information

Information related to your hospital stay, including a checklist entitled, “What to bring to the hospital?”, and some educational videos, can all be found on the JGH’s website:

<https://www.igh.ca/care-services/obstetrics-and-gynecology/family-birthing-centre/>



For a video guide about preparing and recovering from your C-section, please visit:

<https://precare.ca/pregnancy-guide/caesarean-section/>

