

Your Guide to a Planned Cesarean Section (C-Section) Delivery

We look forward to welcoming you in the Family Birthing Center for the birth of your baby!

You must pre-register for your delivery. Go to E-0014--Hospital Cards(07h00-15h30) or after hours go to B-114-- Patient Accounts (15h30-07h00) If you do not 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 Family Birthing Centre (Pavilion K, 3rd Floor at 5767 Légaré St.) 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.

With pre-registration, you will request the type of room you prefer (ex. public, semi-private, or private) for your postpartum (after delivery) stay. All labour rooms are private.

If you begin to experience signs of labour such as: regular contractions, your water breaks, or if you start bleeding, call the Family Birthing Center 514-340-8277, to speak to a nurse.

THE DAY BEFORE YOUR SCHEDULED CESAREAN SECTION:



The Family Birthing Center will call you the evening before to confirm the time of your arrival for your C-section. If you have not had a phone call by 9 pm, please call the Family Birthing Center at **514-340-8277**.



The evening before your planned cesarean birth, you may eat a normal meal. However, **DO NOT EAT ANYTHING AFTER MIDNIGHT** (the night before your surgery). You may drink clear fluids such as water, apple juice, black coffee or tea(maximum 500 mls/hour) up to **3 hours** before your scheduled time for the C-section.



The night before your C-section, you must take a shower and wash your whole body for 5 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. This is to prevent infections. You can wash your hair with your own shampoo. You must not put any creams or lotions on your skin after your shower.



All mothers requiring insulin during the pregnancy should **NOT** take their insulin injection the **MORNING** of their surgery.

ON THE DAY OF YOUR SCHEDULED CESAREAN SECTION:

When you arrive at the Family Birthing Center (Pavilion K, 3rd Floor at 5767 Légaré St.), a nurse will prepare you for the surgery.

- Do not shave your abdomen before the surgery
- One person of your choice can be with you in the Operating Room after you have received the anesthesia. Also, a urinary tube will be inserted into your bladder after the anesthesia. This person will be given protective clothing, a mask and coverings for their hair and feet before entering the Operating Room.

WHAT TO EXPECT IMMEDIATELY AFTER YOUR CESAREAN SECTION:

As long as there are no complications after the delivery, you will be able to have skin-to-skin time with your baby in the Operating Room for a few minutes.

If the cesarean section is finished before 14h30, you will be brought from the Operating Room to the Recovery Room on the same floor. As long as there are no complications after delivery, your baby and your significant other can stay with you in this Recovery Room and you can have skin-to-skin time and start feeding your baby. You will stay 1-2 hours, and will then be transferred to the Postpartum Unit (Pavilion C, 5th Floor). You are not allowed to go in and out of the Recovery Room.

If the cesarean section is only finished after 14h30, you will be brought to the Main Recovery Room on the S1 Floor in Pavilion K. Your baby will be brought to the Postpartum Unit Nursery while you rest in the Recovery Room. Your significant other (with an ID bracelet) can stay with your baby at all times in the nursery, can hold your baby and can provide skin-to-skin contact. If you are delayed in the recovery room, the nurse in the nursery will take care of your baby.

WHAT TO EXPECT ON THE POSTPARTUM (AFTER DELIVERY) UNIT:

You will stay and recover on the postpartum unit, (Pavilion C, 5th Floor) for about 3 days.

You will be encouraged to walk as soon as possible after a minimum of 6 hours after delivery. This is very helpful in your recovery. Your nurse will help you get out of bed the first time.

You will be allowed to eat in the evening after your C-section. You will be offered liquids/food 4 hours after the delivery.

The urinary catheter is usually removed 6-12 hours after delivery. The catheter is removed at this time to minimize the chance of a bladder infection. The nurse will help you the first time you get up to go to the bathroom.

You will have vaginal bleeding after your C-section. It will start off as bright red, then turn pink and finally become yellowish-white. The staples that are used to hold together the C-section incision (cut) are usually removed on the 3rd day. Small pieces of tape may be placed over your incision. Your nurse will tell you how to clean and care for your incision before you leave the hospital.

AFTER YOU RETURN HOME:

- Avoid lifting anything heavier than your new baby, avoid strenuous activities such as vacuuming, abdominal exercises for 6 weeks. You can start driving again usually in 4-6 weeks.
- You can start to take baths once your vaginal bleeding has stopped and your incision is well healed. Do not use tampons or vaginal douches.
- Normally you can restart sexual activity after you vaginal bleeding has stopped, your incision is well healed and you feel ready. Remember, you can become pregnant again at any time in the postpartum period, so discuss birth control with your doctor before having unprotected sexual intercourse.
- Make an appointment with your doctor for a 6 week postpartum visit.

WHEN TO CALL YOUR DOCTOR:

- **If the bleeding stays bright red for more than 4 days or stops and comes back, or you are soaking more than 1 pad per hour, call your doctor or go to the Emergency Room.**
- **If you experience any fever (over 38.5C), redness, swelling, or drainage around the incision, or if you feel that the incision is separating, please call you doctor, or go to the Emergency Department.**



YOU CAN ALSO CONTACT:

The Perinatal Center 514-340-8222 #24777· The Family Birthing Center 514-340-8277·
The Postpartum Unit 514-340-8222 #25511· The Neonatal Intensive Care Unit 514-340-8222 #25656.