

Caesarean Section

Date of Surgery:

Admission (check-in) Time:

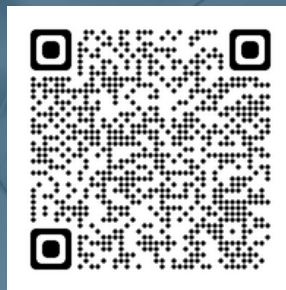
Bloodwork:

- 1-2 days prior to surgery
- On arrival at the hospital
- Not required

Additional Information

- A nurse will call you one or two days prior to your scheduled surgery to review your personal information and answer any questions you have.
- We make every effort to ensure your surgery is on time; however, due to the unpredictable nature of labor and delivery, delays can be common.
- Typical length of hospital stay is 48-72 hours depending on your recovery.

If your surgeon or nurse gives you information that is different than what is in this pamphlet please follow their directions. If you have any questions please discuss these with your maternity care provider.



For more information please visit Island Health's pregnancy and birth website



Having a Caesarean Section

At Victoria General
Hospital

Fasting for Surgery:

- Stop eating solid food (including gum and hard candy) at midnight the night before your surgery.
- After midnight and up until 3 hours before your surgery you may have clear fluids.
- Clear fluids include water, clear tea, black coffee, apple juice, cranberry juice and popsicles.
- Stop drinking fluids 3 hours before surgery.

Arrival at the Hospital:

Please arrive at the hospital at least two hours before your scheduled surgery time or as directed by your team. On arrival please check in on the Postpartum Unit on the third floor in the south (blue) tower. Please bring your care card and photo ID.

Parking:

Parking is available in the visitor parking lot. Ticket machines are located inside the main hospital entrance. You may also use the Honk Mobile App. Tickets are available at hourly or weekly rates.

Medication:

Please discuss all medications, supplements and natural health products with your surgeon.

Blood work:

You may need to have blood tests before surgery. Please follow the directions of your surgeon.

Support people:

You may have one support person with you in the operating room. They will be invited in once the operating room team has prepared you for surgery. This can take up to thirty minutes. Please follow the directions of operating room staff.

Anesthesia:

The most common type of pain control used in caesarean section is a regional anesthesia, also called a spinal block. This allows you to be awake but comfortable. If general anesthetic is needed your support person may be asked to wait in the recovery room.

Baby:

You will be able to see baby after delivery. Usually baby will be brought to you and your support person after an initial exam by the pediatrician. If complications arise, it may be necessary to transfer baby directly to the Neonatal Intensive Care Unit (NICU). The pediatrician will make this decision and discuss this with you.

Photo and Video:

We encourage you to bring a camera to take still pictures. Any method of video recording in the operating room needs to be agreed upon by the attending team. Please discuss this in advance.

Cleaning Your Skin

You will need to purchase two Chlorhexidine 4% sponges from the Drugstore, Pharmacy or hospital gift shop. You will need to clean your skin the night before and the morning of surgery.

1. Wash and rinse your entire body and hair with your usual shampoo and soap from home.
2. Open one Chlorhexidine sponge and wet with water.
3. Squeeze repeatedly to produce lather.
4. Wash body from neck to feet (avoid head, hair and face) with careful attention to the surgical area, belly button and underarms. Finish with genital and anal regions.
5. Keep suds from rinsing off skin for 2-5 minutes.
6. Rinse all areas well.
7. Use a fresh clean dry towel to dry the skin from head to toe, finishing with genital and anal areas.
8. Do not apply deodorant, body lotion, powder or cosmetics afterward. Dress in clean clothes. Avoid putting on jewelry.

Repeat these steps with the second chlorhexidine sponge the morning of your surgery.

*Your nurse will clip the top of visible pubic hair with an electric clipper. Please do not attempt to shave at home as this may result in small cuts which could increase your risk of infection.