



LTKH	Lisa 6 06.04.2021 nr 82
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## CAESAREAN SECTION

### Patient's information leaflet

#### **Where/when to come?**

In the case of a scheduled Caesarean section, the required date and time of your arrival at the hospital are specified on the referral which you received from your physician. Please come to reception at the maternity hospital.

#### **What should you bring along with you?**

- Referral for surgery
- Pregnancy card
- Blood card (yellow)
- Your consent to have surgery
- Anaesthesiologist's report
- Identity document (ID card, driving licence, or passport)
- Any medicinal products which you administer on a daily basis
- Personal hygiene products
- Personal clothes, if you wish (comfortable pyjamas, nightshirt, nightgown, etc)
- Camera (if desired)

#### **Patient's movement around the hospital**

First, please visit reception. You will be escorted to a pre-surgery room in the surgical department. If you are accompanied by a support person, this individual may come with you.

#### **What happens before surgery?**

Once you have arrived in the pre-surgery room, the midwife will introduce all the following procedures to you and respond to all of your questions. The midwife will check the foetus' heart rate and register the result. The midwife will also ask you a few questions, such as working out when you last ate and drank, and so on.

Next, the midwife will insert a central venous catheter into your right arm and will start administering physiological saline via the catheter (this will serve as your source of nourishment as you are not allowed to eat or drink). Shortly before surgery, having received a directive from the surgeon, the midwife will administer an intravenous prophylactic antibiotic injection via the catheter in your arm. Next, your stomach will be cleaned around the area of the Caesarean section, and massaged if necessary. The midwife will cover your clean stomach with a sterile sheet and take you to the operating theatre.

#### **What happens in the operating theatre?**

In the operating theatre you will be welcomed by the anaesthesiologist, anaesthetic nurse, surgical nurse, and a carer. The anaesthesiologist and the anaesthetic nurse form a team who will be responsible for your anaesthesia. You will be able to talk to them and ask them any questions, if you wish. The surgical nurse will insert a urinary catheter, which is not a painful procedure but may be uncomfortable for a moment. The surgical nurse will once again clean your stomach and, specifically, the area around the Caesarean section and will place a sterile



cover over the area. Once the sterile cover is in place, your support person may enter the room. The support person may only enter the operating theatre if this has been agreed upon in advance. Two surgeons will also now enter the theatre. You already met the surgeon in charge in the morning, but probably not the assisting surgeon. If you are awake, the surgeons will be communicating with you throughout the entire surgery. You will see your baby in the operating theatre immediately after birth. If possible, skin-to-skin contact between mother and baby will be organised in the course of the Caesarean section, so that the newborn baby can be placed on your chest. After surgery, you will be taken to the recovery room in which you will be staying for at least two hours or longer if necessary.

### **Support person**

If you come to the hospital with a support person, this individual will remain with you until you are taken into the operating theatre. If you have agreed in advance that the support person will accompany you into the operating theatre, the support person will be provided with scrubs in the pre-surgery room, which they are required to wear. **Next**, your support person will be lead to the recovery room, where they will wait until they are allowed to enter the operating theatre. When the time is right, the midwife will bring the support person to the operating theatre where they will be able to take a seat by your head, hold your hand, and talk to you quietly.

Once the baby has been born, the midwife will take the support person to the nursery where your baby will be weighed and measured.

You will remain in the operating theatre until the end of the surgery, which usually lasts up to one hour after the birth.

If the support person will not be accompanying you into the operating theatre, they will wait in the recovery room. After the baby has been born, the support person will be taken to the nursery. Once the baby has passed all the required procedures, the baby will be handed over to the support person. If the support person is your spouse, the newborn will be placed naked on their chest, in order to create skin-to-skin contact which makes it easier for the newborn to adjust to life outside of the womb.

### **Post-surgery**

From the operating theatre, you will be taken to the recovery room where you will remain for at least two hours after the end of the surgery. You will be monitored during this period - a cuff will be placed on your arm for measuring your blood pressure and a sensor will be placed on your finger to measure your heart rate. If necessary, an intravenous infusion will be continued. Your uterine tone and the amount of bleeding will be checked regularly. The midwife will also be monitoring the diuresis collected in the urine bag. As soon as you have gained a better feeling of your feet and feel well enough, the midwife will place your baby on your chest for the first breastfeeding, which will stimulate the generation of breast milk. When your wound starts aching, the midwife will give you an analgesic injection. The midwife will always remain with you, explaining you the regime which you will be required to observe after surgery and answering any questions which you may have.

In the recovery room, your baby and the support person will be by your side. Visitors may come to congratulate you and to see the baby once you have been taken to the post-natal ward.



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## **Post-natal ward**

In most cases, after two hours in the recovery room, the midwife will take you to the post-natal ward. There you will be welcomed by the ward midwife who will tell you about the ward's procedures and will assist you if necessary. You may not drink any liquids for the first six to eight hours after surgery. Following that period, you may start drinking fluids. You may not eat anything for the first twenty-four hours after surgery. In the following twenty-four hours, you may only eat liquid food and drink fluids. On the third day after surgery, you may eat or drink anything you wish.

The urinary catheter will be removed once you are able to get up and move independently. In the first twenty-four hours, the midwife will be measuring your blood pressure every few hours.

The bandage will be removed from your wound after twenty-four hours and you will also be allowed to shower. The midwife in the post-natal ward will tell you how to take care of your baby and the midwife or the gynaecologist will also answer any questions which you may have.