

Birth Partner's Role and Responsibilities in a planned caesarean

- Your primary role is to be supportive and reassuring to the woman. If you think that you are likely to be unwell or particularly anxious being in the hospital theatre environment, please consider whether you are the right person to accompany the woman into theatre. Maybe another relative or friend should be considered?
- Although it is an exciting time being present at the birth of the baby, being in an operating theatre is very different to being in a delivery room. There are some things that you may not be able to do and others we have to insist you do to ensure the safety and wellbeing of both the woman and the baby and all the staff involved in the birth.

Please read the following carefully before coming into hospital

- On the morning of the operation before you leave home please have breakfast (even though the woman is not allowed to!). You are much more likely to feel faint in theatre if you are hungry and dehydrated.
- Ensure you are wearing the scrubs that you are given before you go into theatre. These must be worn with underwear but **no other clothes underneath**. Once changed you cannot go off the ward or outside. Please wear socks as we will give you some theatre clogs to wear as well.
- You will also be given a hat to wear (even if you have very little or no hair!) please ensure all hair is tucked inside the hat.
- You may bring a camera/phone/tablet into theatre to take pictures. These are to be used for **photographs only**. No videoing is permitted in the hospital. The device must be switched to aeroplane mode whilst in theatre.
- Once in the theatre you will be asked to sit in a chair provided and **remain seated at all times** due to health and safety.
- If you do feel unwell at any time please inform a member of staff. You will not necessarily be taken out of the room but we can ensure you are in a safe place should you feel faint.
- A screen is erected across the woman's abdomen. Please do not attempt to look around or over this screen unless it has been agreed by the consultant.
- Anything covered in blue drapes or staff wearing blue gowns, are **sterile**, and you must **not** touch them.

If these requests are followed it will ensure the safe and timely delivery of the baby and hopefully make the experience a happy and stress free one for everyone.