

What happens on the day of your elective Caesarean

This leaflet outlines instructions necessary for you to prepare for your elective (planned) Caesarean section and explains what will happen on the day. After the Coronavirus (COVID-19) situation it is very important that you follow this advice in order to keep you, your partner and the staff caring for you safe.

- 10pm the night before – take first Omeprazole (antacid) tablet.
- NO more food after midnight.
- Drink Lucozade sport / water between midnight and 6am (if needed).
- 6am take second Omeprazole and one dose of Metoclopramide tablets.
- Bath / shower / shave.
- Remove any jewellery, make-up and nail varnish.
- Please bring a long dressing gown for the day.
- Arrive at Antenatal Clinic (level 2) by 7.30am.
- Bring your birth partner (only one person please), a small bag, a small bottle of Lucozade sport and a packet of chewing gum.
- Your consultant and anaesthetist will come to talk to you.
- Get changed for theatre into the clothes given to you and your partner when you know which number you are on the list.
- Walk to theatre to have your baby/babies!
- After the Caesarean you will transfer to recovery area for approx. 2 hours (partner can currently stay with you in recovery).
- Transfer to the ward.

All you need to take to theatre is a phone/camera and a nappy in your birth partner's theatre scrubs pocket, the rest of your belongings will be stored in the recovery area.

Your personalised Caesarean birth

At the Royal Berkshire Hospital, in order to make your birth experience special to you, we can offer the following in most instances:

- You can watch the birth of your baby/babies with a mirror.
- We can delay cord clamping (increases the baby's blood volume).
- Immediate skin to skin contact.
- Your own music to be played in theatre.

If you would like to know more or have any other requests for your birth, please speak to the midwife on the day of your birth.

This document can be made available in other languages and formats upon request.

Lisa Court, Maternity ANC, July 2020. Review due: July 2022