

INFORMATION REGARDING YOUR PLANNED CESAREAN SECTION (C-SECTION)



ST. MARY'S HOSPITAL CENTER

3830 Lacombe Avenue, Montréal (Québec) H3T 1M5

You and your caregiver have decided on a planned c-section.

See you soon!

The Admitting office will call you on the day prior to your c-section to inform you of the time to present yourself to the hospital and planned time of your c-section. It is very important that you be on time!

Things to know before coming to the hospital

- Pack your bags according to the list provided in the "Information Guide for parents to be"
- Leave all valuables at home

Eve of the c-section

- Shower with sponges provided:
 - The night before the surgery
 - The morning of the surgery
- **Do not shave the operation area**
- Wash your hair the night before or the morning of the c-section with your usual shampoo
- Do not put any lotions, perfume, hair products, make-up, nail polish or deodorant
- Do not eat or drink anything as of midnight the morning of surgery—no sips of water. Follow doctor's recommendations in regards to medications, to be taken with a **sip** of water.

Morning of the c-section

- It is very important to arrive at the scheduled time:
 - Admitting department: G-310
 - Birthing Center: 4th floor
- Don't forget your:
 - Medicare card
 - Hospital cards
 - Medications you have been taking at home
 - All documents received from your doctor's office
 - This pamphlet signed
- A nurse or licensed practical nurse (LPN) will welcome you. The following procedures will be done in order to prepare you for the operating room:
 - Nursing admission
 - Changing into a gown
 - Intravenous infusion (IV)
 - Take your vital signs
 - Listen to the baby's heartbeat
 - Answer any questions you may have

Here is some useful information to help you prepare.

There will be a team of people who will take care of you in the Operating Room (OR). During the surgery, your support person can be present. After the birth, we will encourage you to do skin to skin with your baby. This will help with keeping your baby warm as well as facilitate breastfeeding. Following your recovery, you will be transferred to the post-partum unit with your baby.

Although performed regularly, a c-section remains a major surgery with certain risks for you and your baby. Such as:

- Excessive bleeding that may require a blood transfusion
- Fever and infection (wound, uterus or bladder)
- Blood clot and phlebitis (inflammation of a vein)
- Injury to other organs
- Temporarily decreased bowel function (constipation)
- Placenta abnormalities in future pregnancies (requiring cesarean section)
- Newborn breathing problems (3-4% of all babies born via cesarean) which may necessitate further assessment in our Intermediate Care Nursery

For additional information, consult your doctor. We strongly recommend that you have a support person with you for the first 24 hours after your c-section to help you care for your baby.

You can find additional information regarding c-sections at the following websites: www.sogc.org www.aspq.org

Looking forward to welcoming you!

The day of your cesarean section, please sign and bring this pamphlet with you to the hospital.

In preparation for my planned c-section:

- I showered with the provided sponge **last night**
- I showered with the provided sponge **this morning**
- I did **not** shave the operation area
- The last time I ate or drank was at _____ **last night**

Signature