

INFORMATION FOR PATIENTS

Preparing for a caesarean birth

Before your planned caesarean birth, you will come to a preoperative appointment at the hospital. At this visit, we will do some checks and explain what will happen on the day. We will:

- Take a blood sample.
- Give you medicines and tell you when to take them.
- Sometimes take swabs or give you special body wash.
- Answer any questions you have.

At your appointment, we will tell you what time and day to come to the hospital (you may already know this information via your Badger Notes app). You will go to the Sherwood Birthing Unit and then to the Forest Elective Birth Suite.

How do I get ready for my caesarean?

- You must not eat or drink after 11pm the night before your operation, except for small sips of water.
- Please have a shower or bath on the morning of your operation to help prevent infection.
- Please do not shave for 14 days before your caesarean. If needed, the theatre team will trim hair safely before the operation.
- Please take off nail varnish and false nails before coming to hospital.
- Please check your skin folds around your pubic region/bikini line, top of your legs, and under your breasts. If you have any rashes, redness or soreness please seek medical assistance, from your pharmacist, midwife or GP to ensure your skin is healthy and intact before surgery.
- Bring your bags with you and keep nappies within easy reach. You can also bring your phone to take photos of your baby being born.
- Please leave your car seat in your car. You will only need it when you are ready to go home from the maternity ward.

What happens when I arrive?

Before your operation, we will:

- Put a name band on your wrist.
- Check your temperature, pulse, breathing, and blood pressure.
- Check your skin.
- Listen to your baby's heartbeat.
- Ask you to remove jewellery, makeup, and nail varnish if you have not already done so.
- Tape up your wedding ring if you cannot take it off.

- Ask you to remove any piercings if possible. If they cannot be removed, your operation may be delayed, and some jewellery may need to be cut off for safety reasons.
- Give you a theatre gown to wear.
- Give your birth partner special theatre clothes and a cap to wear.
- Ask you to wear your special stockings to help blood flow.
- Ask you to remove contact lenses and false teeth.
- Complete a safety checklist before your operation.

The team caring for you will come and meet you. This may include a midwife, doctor, anaesthetist, and other staff helping with your care.

Time to meet your baby

We will give you an idea of when you may go to theatre. Sometimes there may be delays if other women or birthing people need urgent care first. On rare occasions, your caesarean may need to be postponed to another day. We will keep you informed and make sure you and your baby stay safe.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service:

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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