

GIVING BIRTH OTHERWISE SURGICAL GUIDE

Cesarean

DAYS BEFORE THE SURGERY

1. Make sure that your health insurance card is valid. If it's not, you will have to pay hospitalisation fees and ask for a refund later on.
2. Do not consume alcohol or drugs. It is also recommended to stop smoking or to smoke less.
3. Certain preoperative tests will be done, such as blood tests and urine samples.

THE DAY BEFORE THE SURGERY

1. The time of the c-section will be confirmed to you by telephone by the operation room staff between 10 am and 2 pm
2. It is very important to not eat anything after midnight. No tobacco, candy or gum. If you do not respect these rules, your surgery will be canceled.
3. Between midnight and up to one hour before your arrival at the hospital you are allowed to drink water, light juice (clear) or Gatorade.

THE MORNING OF THE SURGERY

1. Take a bath or shower and wash your hair.
2. Do not drink, do not eat no matter what time you have your cesarean, no candy, no gum and do not smoke
3. No perfume, hydrating cream, jewelry (piercings), nail polish or makeup is allowed.
4. Bring a case for your glasses, contact lenses or dentures.
5. Bring your inhalers and your medication in their original bottles.

6. Present yourself at the admission desk (Accueil) on the first floor or at the emergency desk if your arrival is before 7 am.
7. Afterwards, make your way to the 3th South department. We will make you comfortable and start the usual preparations.
8. ***You wish to breastfeed your newborn?*** You can extract colostrum manually or with a pump (at home) and bring it to the maternity ward (3rd North) before you make your way to 3th South. Your colostrum will be identified with your name and will only be given to your infant if he is very hungry at birth.

N.B. Because of limited space, we ask that you bring only one visitor to accompany you.

THE TIME FOR THE CESAREAN HAS ARRIVED!

A stretcher-bearer will bring you to the operating unit. Your partner will have to change into hospital scrubs for the operating room. He will be invited to accompany you after the anesthesia. A solution by IV will be perfused. The anesthesiologist will perform a spinal anesthesia. This procedure is done in the lower back. Its function is to take away any hurtful sensation from the navel all the way down to your toes. Afterwards, a catheter will be inserted in your bladder. We will shave approximately 3 cm at the pubic region. A disinfection of the abdomen will be done. Your partner will be able to come in at that time and be by your side. Sterile fields will be placed in a way that you cannot see the intervention. The obstetrician/gynecologist will start the cesarean once the anesthesia is adequate. It is permitted to take pictures or videos.

THE BIRTH OF YOUR CHILD

Your infant will be dried, suctioned, and placed on a heating unit. The father will be invited to cut the umbilical cord. Your child will then be placed on you for skin to skin if his or her condition allows it. The intervention will last about 45 minutes. Afterwards you will be brought to the recovery room where the nursing staff will monitor you (dressing, bleeding, and vital signs). Once the effects of the anesthesia start wearing off and you can move your legs, you will be transferred to the maternity ward.

If your health condition or your newborn's health condition does not allow for skin to skin, he or she will be placed in a heated incubator for transport to the neonatal unit. The nurse from the operating room and your partner will accompany your infant to the unit.

SKIN TO SKIN

Skin to skin is now possible for all elective c-sections. A nurse from the maternity ward will tend to you in the recovery room. If you wish to breastfeed, she will help you for the first feeding. If for medical reasons you or your baby need special attention during this period, your newborn will be transported to the neonatal unit. Your partner will accompany your infant to continue the skin to skin.

NURSE CARE OF YOUR NEWBORN IN NEONATOLOGY

Your infant will be welcomed by a nurse that will evaluate his health condition and will proceed to the necessary care. She will then give your child to your partner and will invite him to do skin to skin, in order to soothe, keep warm and reassure your newborn. Once you arrive at the maternity ward, your child will be reunited with you. You will then be able to breastfeed.

- If your infant cannot wait for you to arrive, the colostrum you extracted before the surgery or a commercial product for babies can be given to your child.

POST-OPERATIVE CARE

First 12 hours: You will have an IV and a catheter. You can ingest liquids. Once you are able to eat, a normal meal will be offered to you. Your nurse will monitor your vital signs, your dressing and any blood loss. Your hygiene will be done in your bed. An early mobilization is encouraged. If your condition will allow it, with the help of the nursing staff, you will need to get up. The catheter will be removed 12 hours after your operation.

Pain relief is done with different medications (suppositories, injections and pills). You will need to tell your nurse the intensity of your pain. Other medication can be given if you have itching or nausea. We encourage your partner to stay with you at the hospital to take care of your infant when you are resting. The nurse will help and guide you with the care needed for your child.

After 24 hours: The IV will be removed. You can now do your personal hygiene either with a washcloth or in the shower, depending on your current condition. You will have a normal diet. You can mobilize yourself freely. The same medication will be used to relieve your pain.

24-48 hours: The dressing will be removed, and your wound will be left to open air. A normal and regular diet is encouraged to regain the normal functions of your bowels. Your discharge from the hospital will then be considered based on your health condition.

3rd and 4th days: If the surgeon used staples to close your wound, they will be removed either before your discharge from the hospital, or at home during your postnatal visit by the nurse of the CLSC, based on the prescription that has been written.

VISITORS

We strongly suggest that you limit your number of visitors so you can maximize your rest time between care periods for your infant and yourself. We also wish to remind you that there is a maximum of 2 visitors at a time between 8 am and 8 pm. There's a quiet period between 1 pm and 2 pm so no visitors are allowed to come to let you the time to rest. Children under the age of 12 are not allowed to access the unit, unless they are the siblings of the newborn, then they are welcome during visiting hours.

We thank you for your cooperation.

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