Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Preparing for Your Caesarean Section Operation

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Preparing for your Caesarean Section Operation

Patient Information

Obstetrics & Gynaecology Department

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Introduction

When you attend the Consultant Clinic at around 36 weeks gestation, you will be given the date of your planned Caesarean operation.

Caesarean Section Date: .....

At this appointment you will also be given:

- An information booklet about caesarean sections.
- A leaflet about types of anaesthetic.
- An orange anaesthetic sheet, to be completed and returned to the anaesthetist on the morning of your operation.

Swabs will be taken for MRSA screening from the nose and groin. This is done routinely for anyone having an operation.

An appointment will be arranged for you to attend your nearest antenatal clinic for your preoperative blood tests 24 hours before your planned Caesarean.

Covid swabs will be booked for you at the Leigh or Wrightington hospital drive through testing centres 3 days before operation, to ensure the results are available for your hospital attendance. Following the swabs being taken you and your birth partner should isolate until your admission. Your birth partner will be required to produce evidence of a negative lateral flow covid test on admission.

Time of Operation

You will receive a telephone call, the day before your Caesarean telling you what time you need to arrive on Maternity ward and what time you need to start to fast.

If you have not heard anything by 4pm the day before, please contact Maternity ward on 01942 778506.

Preparation

At least 48 hours before your Caesarean Section

If you feel comfortable, please remove hair from your upper pubic area using hair removing cream or an electric razor. Please do not use a razor blade as any little nicks to the skin may be an infection risk.

Morning of your operation

- When you get up, have a bath or shower.

- Remove your make up and nail varnish (including toes) and any jewellery. (Wedding rings can be taped but everything will be safer at home until after the operation).

- Plan to arrive at the Maternity ward, Royal Albert Edward Infirmary at your allotted time. Only one person may accompany you to the ward.

- When you arrive you will be shown to your bed and given a short time to settle in. One of the midwives will come and see you and perform an antenatal examination, the same as if you were at clinic. The midwife will give you a gown and hat to wear and go through the procedure.

- If there is an emergency in delivery suite, this may cause a delay, the emergency will go straight to theatre and your operation will follow as soon as possible after it is completed though this is unusual

Anaesthetist appointment

This appointment will be held on the day of your operation in hospital. The Consultant Anaesthetist will talk about your preferred method of anaesthesia for the operation and discuss the details of the orange form with you.

If you have had past problems with an anaesthetic, or certain medical problems you will have been referred earlier in your pregnancy for an anaesthetic consultation.

A Ranitidine/ Omeprazole tablet will be prescribed for you to take prior to your Caesarean. These tablets neutralise the stomach contents and help to prevent acid aspiration syndrome in the operation.

Visiting times

Due to Covid restrictions visiting times have changed. Only your birth partner will be able to visit you. They can attend with you when you are admitted for your Caesarean and stay for 3 hours after your return to the ward.

On other days visiting will be booked for 3 hours for your birth partner. No children are presently allowed to visit. Should the covid restrictions be lifted, visiting times will change.

Contact telephone numbers

Maternity Ward 01942 778506

Delivery Suite 01942 778505

Hospital stay

Your stay in hospital if you make an average recovery will be one to two days. This is dependent on your own ability to get around and if the baby is well and feeding nicely. When you get home, you will continue to receive support from your community midwife.

Going into labour early

Should you start in labour before the day of your caesarean operation, please phone the delivery suite (01942 778505), to tell them what is happening and what the plan is for your delivery. They will then be able to advise you on what course of action to take.



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