### Before Surgery Day

**Clinic visit:**
- Meet with your obstetrician and other care team members. Learn what to expect before, during, and after surgery.
- Talk with your doctor about what medicines to take and which ones to stop before your Cesarean.
- Sign consent papers.
- Be sure your follow-up visit is scheduled for 6 weeks after discharge.
- Talk with your nurse about this CareMap.

**The day before surgery:**
- Receive a reminder call from the hospital about your Cesarean delivery.

**The night before surgery:**
- Shower, using regular soap (like Dial). After your shower, use the antibacterial soap or wipes that you received in clinic.
- **Before midnight:** Drink 8 ounces of apple juice.

### Food and drink:

- **Starting 8 hours before your surgery, do not eat anything.** You may keep drinking clear liquids until 2 hours before your surgery. Clear liquids include water, broth, apple juice, and coffee or tea without milk.

### Before you leave home:

- Take another shower, using regular soap. Then use the antibacterial soap or wipes that you received in clinic.
- Drink another 8 ounces of apple juice 2 hours before your scheduled delivery.

### At the hospital:

- **Check in at Labor and Delivery at your assigned time.**
- **We will:**
  - Place a thin tube called an intravenous (IV) line in your arm to give you fluids and medicines
  - Stick your finger so we can check your blood sugar levels
  - Trim your pubic hair
  - Place monitors on your belly so we can watch your baby’s heart rate
- **Your Obstetrics Team will meet with you to review your delivery plan and to answer any questions.**
- **The Anesthesia Team will talk with you about the type of pain medicine and sedation you will receive.**
- **The Surgical Team will take you to the operating room (OR). During this time, your support person will change into a surgical gown and join you in the OR.**

### In the OR:

- A spinal or epidural catheter (tube) will be placed to give you pain medicine. Or, if you will receive general anesthesia (sleeping medicine), it will be given at this time.
- A Foley catheter will be placed to drain urine from your bladder.
- Your abdomen will be cleaned.
- Your baby will be delivered by C-section.
- The Pediatric Team will check your baby’s health and vital signs.
- If it is safe to do so, you or your support person may hold your baby.
- If needed, your baby will be moved to the Neonatal Intensive Care Unit (NICU).

### After surgery:

- You will go to the recovery area.
- Nurses will check your vital signs often.
- Your nurse will massage your uterus and monitor your vaginal bleeding.
- Your nurse will draw some blood so we can check your blood sugar levels.
- You can eat and drink.

### You will have:

- An IV to give you fluids and medicines
- Compression devices on your legs to help with blood flow
- A Foley catheter in your bladder
<table>
<thead>
<tr>
<th>Day of Surgery (Day 0)</th>
<th>Day 1 until Discharge</th>
<th>At Home</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Medicines and Treatments</strong></td>
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<td><strong>Medicines and Self-care</strong></td>
</tr>
<tr>
<td>- The pain medicine given by spinal or epidural will last 12 to 18 hours. If needed, you will also be given pain pills to take.</td>
<td>- The IV will be removed when you can drink fluids.</td>
<td>- Taper your pain medicines, taking them only as needed.</td>
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<tr>
<td>- You will receive fluids and nutrition through the IV.</td>
<td>- Take pain pills as needed.</td>
<td>- Take a laxative as prescribed.</td>
</tr>
<tr>
<td>- We will encourage you to start to drink fluids as soon as you can.</td>
<td>- We will draw some blood to check your blood count.</td>
<td>- Remove the white tape (Steri-strips) over your incision 5 to 7 days after your Cesarean.</td>
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<tr>
<td>- The Foley catheter will be removed.</td>
<td>- If you have a bandage and wound vacuum, they will be removed before discharge.</td>
<td></td>
</tr>
<tr>
<td><strong>Diet</strong></td>
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<tr>
<td>- If you do not have nausea, bloating, burping, or hiccups, you can eat a regular diet.</td>
<td>- Eat a regular diet.</td>
<td>- Eat a regular, healthy diet.</td>
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<tr>
<td><strong>Activity</strong></td>
<td><strong>Activity</strong></td>
<td><strong>Activity</strong></td>
</tr>
<tr>
<td>- Your nurse will check on you before you get out of bed the first few times, to make sure it is safe.</td>
<td>- Sit in a chair for all of your meals.</td>
<td>- Stay active. Aim to walk at least 1 mile a day.</td>
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<tr>
<td>- Sit in a chair for all of your meals.</td>
<td>- Aim to walk 3 to 4 times in the hall. <strong>The more you move, the faster you will heal.</strong></td>
<td>- Do not lift anything that weighs more than 10 pounds (1 gallon of water weighs almost 9 pounds).</td>
</tr>
<tr>
<td>- Aim to walk a few times in the hall. <strong>The more you move, the faster you will heal.</strong></td>
<td>- If you plan to breastfeed, your nurse will help you.</td>
<td>- You may resume driving when you have stopped taking opioid pain medicines and you feel OK sitting in front of the wheel.</td>
</tr>
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<td>- If you plan to breastfeed, your nurse will help you.</td>
<td><strong>Planning</strong></td>
<td><strong>Bathing</strong></td>
</tr>
<tr>
<td>- Ask to meet with a social worker if you have concerns about where you will go after discharge.</td>
<td><strong>Planning</strong></td>
<td><strong>Bathing</strong></td>
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<td><strong>Medicines and Self-care</strong></td>
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<td>- Taper your pain medicines, taking them only as needed.</td>
<td>- Take a laxative as prescribed.</td>
<td>- Shower using your regular soap to shower. Let water gently run over your incision area.</td>
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<td>- Take a laxative as prescribed.</td>
<td>- Remove the white tape (Steri-strips) over your incision 5 to 7 days after your Cesarean.</td>
<td>- Pat dry with a clean towel.</td>
</tr>
</tbody>
</table>

**Call your doctor if you have:**
- Fever or chills
- Nausea, vomiting, or both
- Pain that is bad or is getting worse
- Constipation that lasts more than 3 days
- Heavy bleeding from your vagina for 2 hours (soaking a large pad every hour)
- Redness, warmth, or drainage at your incision
- Anxiety or depression