

Your Cesarean Section At St. Cloud Hospital

Admissions process

ARRIVE at: _____

- Your surgery is scheduled for: _____

⚠ Because of emergency cases, there may be a delay in the start of your surgery. If possible, bring something to read and ARRIVE on time.

7 a.m. cesarean

Drop patient off at the Emergency Trauma Center South Entrance, park in the South Ramp and proceed to Admitting/Registration in the Emergency Trauma Center on first floor.

9 a.m. or 11 a.m. cesarean

Drop patient off at the CENTER entrance. Go to CENTER elevator, then to third floor. Go right, FBC admission will be on the left. Look for sign on hallway ceiling. Then go park in South Ramp (visitor parking). To return, take South Ramp elevator to second floor, follow hallway to CENTER elevator and then up to third floor. (No direct access from ramp)

Pre-op instructions

Chlorhexadine (CHG) wash

- Follow detailed instructions in the handout called "Showering to Reduce Germs On Your Skin Before Surgery"
- Shower the night before surgery with a CHG wash to remove germs from your skin.
- Take a second shower with CHG the morning of your surgery.
- Sleep on clean sheets the night before surgery.
- Wear clean pajamas and clean clothes after your CHG showers.

Spinal anesthesia (awake during surgery)

- No water 3 hours before surgery
- No food for 8 hours before surgery
- No chewing gum, chewing tobacco or sucking on hard candy or ice for 8 hours before surgery.

- Do not smoke on the day before surgery. This is irritating for your lungs and affects your healing ability.
- No alcohol use 24 hours before surgery.

General anesthesia (not awake during surgery)

- No food or water for 8 hours before surgery
- No chewing gum, chewing tobacco or sucking on hard candy or ice for 8 hours before surgery.
- Do not smoke on the day before surgery. This is irritating for your lungs and affects your healing ability.
- No alcohol use 24 hours before surgery.

Medications

When you do take your routine or other medications on the morning of surgery, please take them with a very small sip of water only.

You may take all medications EXCEPT:

- No diuretics or antihypertensives with diuretics (Not on Day of Surgery)
- No Norpace medications with diuretics (Not on Day of Surgery)
- No MAOI's (first generation antidepressants)

Examples: (Not on Day of Surgery)	
Generic Name	Brand Name
isocarboxazid	Marplan
phenelzine sulfate	Nardil
tranylcypromine sulfate	Parnate
selegiline	Emsam

- No oral diabetic medications (ask doctor about Insulin)
- No blood thinners (as ordered by provider)
- No Vitamin E / D (for one week before surgery)
- No garlic (for one week before surgery)
- No Fish Oil/DHA (for one week before surgery)
- No non-steroidal anti-inflammatory drugs such as Motrin/Advil/Ibuprofen. (for one week before surgery)

Nails

- No nail polish or acrylic nails (or leave 1 finger or toe without polish and acrylic nail on each hand and foot).

Valuables

- Do NOT bring valuables, including jewelry.
- If jewelry is worn to the hospital, you will be asked to remove it. During surgery the electrical cautery equipment could cause burns wherever metal jewelry is on your body. Taping it on does not stop the skin burns that may happen.
- Remove body piercings.



Comfort during surgery

- In most planned cesareans, single shot spinal anesthesia is given.
- It works very quickly, and will cause you to not have discomfort during surgery. You may still feel pressure and movement.
- The single shot also has a longer lasting medication that will control your discomfort for up to 24 hours.
- As soon as you are able, we will start you on oral medications to provide comfort. Usually ibuprofen every 6 hours, and Tylenol or Tylenol with a small amount of narcotic added to it.

Comfort afterward

- Medications and other options will be given until you are satisfied with your comfort level.
- Alternate comfort methods include: Ice, heat, aromatherapy, massage and acupuncture.
- It is normal to experience some discomfort after having a baby even with medications.

Bring with you

- **Insurance Card and Photo ID, such as a driver's license.**
- If you wear glasses or contacts, bring a case.
- If you do wear contact lenses, please bring your glasses with you.
- If you use a CPAP, you should bring that with you.

Car Seat

- Please bring your baby's car seat along with you when you come to have your baby.



Infant Only
car seat

OR



Rear-Facing
Convertible

Going home after having a baby

Mom and baby are sent home when medically stable, sometimes at different times, and even on different days. That does not mean that you will not be with your baby. It means that one of you is not ready to leave the hospital.

In order to go home after having a baby you will need to be able to:

- Eat and drink
- Walk
- Go to the bathroom
- Care for yourself
- Have a plan to maintain your comfort



1. Your expected day to go home might be 48-72 hours after your cesarean:

Day of Surgery	Day to go home
Monday	Wednesday or Thursday
Tuesday	Thursday or Friday
Wednesday	Friday or Saturday
Thursday	Saturday or Sunday
Friday	Sunday or Monday
Saturday	Monday or Tuesday
Sunday	Tuesday or Wednesday

2. Babies can go home usually at or around 24-48 hours of age (1-2 days old). This decision is made by:

- How your baby is feeding
- How your baby is maintaining his or her weight or losing only a small amount of weight
- How your baby keeps his or her temperature up on their own
- Checking to see if your baby's skin is not getting too yellow

Reasons for going home

- Rest: Hospital routines do not allow for enough rest during the night or day.
- Cost: Staying in the hospital longer than medically needed increases everyone's price for medical costs.
- Safety: Once you and your baby are medically stable, you are both safest at home.

- Quiet: Hospitals are not quiet places. They run 24 hours a day/7 days a week and do not have "quite time" where everything stops.
- Cleanliness: The hospital is a place where very sick people come for treatment. If you are well, you will do better at home.
- Activity: Limited activity while in the hospital can delay your recovery.
- Family Time: Hospital routines often interrupt family visiting time and bonding.



You will be receiving a phone call from a Registered Nurse about your surgery before your scheduled date.

Note: Please refer to pages 60-62 in the Gift of Motherhood book for more information about cesarean sections.