

Checklist for a planned caesarean birth

Use this checklist to help you get ready for your planned caesarean birth. Check each item as you get ready to come to the hospital. Most women who have a caesarean birth are ready to go home within 72 hours (3 days). Your stay may be shorter or longer, depending on your health and your baby's health.

What can I eat or drink before surgery?

- You can eat solid foods until 12 midnight the night before your surgery.
- Do not eat anything including candies or chewing gum after midnight.
- Drink up to 3 glasses (800 ml) of a high carbohydrate drink at bedtime the night before surgery. **Must be clear fluids only.**
- Drink 1½ glasses (400 ml) of a high carbohydrate drink (**must be clear fluids only**) up to 3 hours before your surgery. Finish by _____ (time).
 - Examples of a high carbohydrate drink include: apple juice, cranberry cocktail, iced tea and sports drinks.

The day of surgery

- Take your morning medications with small sips of water as instructed by the nurse or anesthesiologist,
- Have a bath or shower before coming to the hospital.
- Wear loose, comfortable clothing.
- Remove your make-up and nail polish or artificial nails.
- Remove all your jewelry, including body piercings.
- Leave your money, credit cards and jewelry at home. The hospital will not be responsible for the safety of your valuables, should you choose to bring them with you.
- Leave your luggage in the car – do not bring to Labour and Delivery. You can take it to the ward after you are settled in your room on the ward.
- Bring a small bag in which to store your clothes and your partner's clothes during your stay on Labour and Delivery. You will be putting on a hospital gown and your partner will change into green scrubs if attending the birth in the operating room.
- Do not wear contact lenses. Wear your glasses, if needed, and bring your lenses in their case.
- If you take regular medications, bring them with you to the hospital in labelled pharmacy containers.

**Please arrive at the Labour and Delivery Assessment Unit
3 hours before the time of your surgery.**