

## OB/GYN Women's Health Center

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### ***What You Should Know If You Are Having A Scheduled Cesarean Section at MGH?***

A scheduled Cesarean Section (C-Section) may be preformed for any one of several reasons. Some patients may have had a prior Cesarean Section and are electing to have a repeat C-Section. Other patients may have a medical problem that make a C-Section delivery safer for them. Once a C-Section is decided upon, the doctor will discuss a suitable date with you. Scheduled C-Sections are performed daily. Only one person is allowed to be with you in the C-Section room. You may choose whomever you wish to have with you.

Ask the support person you have selected to accompany you to the hospital.

In order to prepare for the procedure you will be asked not to eat or drink anything, not even a glass of water or cup of coffee, from midnight of the night before the C-Section.

Eating or drinking will generally cause the Anesthesiologist to delay your procedure until the following day if not longer. There are some exceptions for medications. Please ask one of the doctors if you have questions. Also, if you are taking insulin, you should receive special instructions. Most patients are admitted to the hospital two hours before the scheduled C-Section. Generally, you will be sent for pre-admission blood work several days before your C-Section. When you arrive at the hospital, your IV will be started. At this time, please notify your nurse if you are doing a stem cell collection or donation. Your nurse will have to draw additional blood for the stem cell kit. A catheter is placed in the bladder (usually after you receive anesthesia) to allow drainage of urine during the C-Section and until the morning after the C-Section. An Anesthesiologist will speak with you before the C-Section. If you would like to speak with an Anesthesiologist before the day of your C-Section call (740) 383-8787 and ask to speak with the anesthesiologist on call. Once your C-Section is performed, you will spend some time in the recovery room on the Labor & Delivery Suite before going to your room. The hospital stay for a C-Section is generally 2-3 days starting the day after the procedure. Most of patients will feel well enough to go home in 2 days. Usually the day after the C-Section the catheter is removed from your bladder and the intravenous is stopped if your temperature is normal and you can drink fluids well. Regular food is usually started the first day or following the procedure.

***Please be aware that this is general information and that there may be slight changes from one patient to the next. If you have any questions that have not been answered, please feel free to ask us.***