

Day of Elective Caesarean Surgery

Patient Information – Birthing Suite

Introduction

Now that you are booked for a Caesarean Section, please read this information sheet and refer to it on the day of your surgery. It will let you know what to expect on the day and what is required from you.

Please arrive in Birthing Suite, Level 3, Christchurch Women's Hospital, by 7.00am (unless you have been given a different time).

After you arrive, staff will prepare you for surgery. There may be one or two women having surgery ahead of you so please be patient. Your anaesthetist will meet you before you go to the operating theatre. Birthing Suite is an acute area and there may be a delay if another woman's acute surgery becomes a priority.

To assist your surgeon and anaesthetist please do not wear makeup, nail varnish or jewellery (wedding rings are permitted).

Please bring essentials **only** to the Birthing Suite in a small bag, including a baby hat. A camera and book may also be included. Please do not bring baby's car seat with you initially.

Larger bags can be taken to Level 5 after transfer to the postnatal ward. Also remember to bring maternity sanitary pads with you to the postnatal maternity ward. For guidance on what to bring see 'Packing Your Bag' on the Te Whatu Ora website: [www.cdhb.health.nz/Christchurch Women's Hospital Maternity Services/ Pregnancy and Birth Journey](http://www.cdhb.health.nz/Christchurch%20Women's%20Hospital%20Maternity%20Services/Pregnancy%20and%20Birth%20Journey).

Please note that only one support person can be with you during surgery and recovery.

Instructions before admission to Christchurch Women's Hospital for surgery

- Take no food including chewing gum, milky drinks, tea or coffee after midnight before your surgery.
- You may drink water until 6.00am on the day of surgery.

Post-surgery

After you have recovered from surgery and are transferred to Level 5 (the postnatal maternity ward), friends and family are welcome to visit at the following times:

Husband/Partners 8.00am-9.00pm

Open visiting 10.00am-1.00pm and 3.00pm-8.00pm
(no children other than siblings of the baby)

Rest period 1.00pm-3.00pm
(husband/partner/support person only, no children other than siblings of the baby)

The rest period is important to allow you to recover from surgery. No visitors will be admitted to the ward during this time.

Please note visiting times with regard to children visiting is being reviewed and we will advise if there are changes.

Postnatal

Once your condition is stable you will be required to transfer to a primary unit, 24-48 hours after delivery.