

Getting Ready for Your C-Section

Family Birthing Unit, Surrey Memorial Hospital

Prevent your C-section from being delayed

- **Do not eat any food** after 12:00 midnight the night before surgery.
- **3 hours before surgery**, drink 1 ½ cup (350 mL) of clear apple juice. Please do not drink any other kind of juice. **After this, do not drink anything.**
- **Arrive 2 hours before** your surgery time.
- **72 hours before your C-section**, make sure you have all laboratory tests and COVID-19 test done

Use this checklist to help you prepare for your surgery

Two (2) weeks before your surgery

- | | |
|---|---|
| <input type="checkbox"/> Let your surgeon know if you have had any recent health changes since your last visit. | <input type="checkbox"/> If you take blood thinners, ask your surgeon when to stop taking them. |
| <input type="checkbox"/> If you take diabetes medicine, ask your surgeon how to take it before surgery. | <input type="checkbox"/> Make appointments for laboratory tests and a COVID-19 test. |

One (1) week before your surgery

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|--|---|
| <input type="checkbox"/> Stop taking herbal supplements such as garlic, ginkgo, kava, St. John's Wort, ginseng, don quai, glucosamine. | <input type="checkbox"/> Stop any shaving, waxing, threading, or using any other method of removing hair from the area where you are having surgery. |
| <input type="checkbox"/> Continue to take your prescribed medicines and prenatal vitamins. | <input type="checkbox"/> Buy 4% Chlorhexidine Gluconate sponges (buy 2) or liquid soap (enough for 2 showers) from a drugstore (Ask the pharmacist). |

The night before your surgery

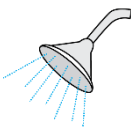
- | | |
|---|---|
| <input type="checkbox"/> Remove all: <ul style="list-style-type: none"> - makeup - nail polish from your fingers and toes - jewellery including face, ears, tongue, or other body piercings <input type="checkbox"/> Do not eat any food after 12:00 midnight. You can drink clear fluids such as water or apple juice until 3 hours before your surgery. | <input type="checkbox"/> Take a shower. <ul style="list-style-type: none"> ▪ Wash your hair with regular shampoo and your face with mild soap ▪ Clean your body from the neck to your toes (front and back) using the Chlorhexidine Gluconate sponges or liquid soap. ▪ Rinse well. Dry off with a clean towel. <input type="checkbox"/> Do not put on any lotion, perfume or cologne, deodorant, or make-up. |
| | <input type="checkbox"/> Put on clean pyjamas. Sleep in clean sheets. |

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This information does not replace the advice given to you by your healthcare provider.

The morning of your surgery

- ☐ Shower again
 - Use the Chlorhexidine Gluconate sponges or liquid soap.
 - Rinse well.
 - Dry off with a clean towel.
- ☐ **Do not** put on any lotion, perfume or cologne, deodorant, or make-up.
- ☐ Brush your teeth, tongue, and roof of mouth.
- ☐ Dress in clean comfortable clothes.
- ☐ Wear your glasses, hearing aids, and/ or dentures if you have them. No contact lenses.



- ☐ **3 hours before** your surgery, drink 1 ½ cups (350 ml) of apple juice. **After this, do not drink anything.**



- If you have diabetes, follow any special instructions given to you for eating, drinking, and taking your diabetes medications.

- ☐ Take all your regular morning medicines with a **small sip of water** as directed by your surgeon and/or anesthesiologist.

☐ _____

What to bring with you

- ☐ A list of the medicines you take
- ☐ Your BC Services Card
- ☐ Photo identification
- ☐ Laboratory identification wristband (if given one)
- ☐ Personal belongings for your hospital stay
- ☐ A car seat for going home
- ☐ _____

Leave jewellery and other valuables at home.

A nurse from our Family Birthing Unit calls you 3 to 4 days before your C-section date.

Keep this sheet close to the phone so you can write down this information.

Surgery date _____

Surgery time _____

Surgeon _____

Check-in time _____

Day of surgery report to:

Family Birthing Unit, South Building, Level 2
Surrey Memorial Hospital
13750 – 96 Avenue, Surrey

604-585-5572

Location and parking information



Hospital map



Note After your surgery, you stay in a room that you will share with another person. Please be assured that the room and bathroom is cleaned often to limit the spread of germs.