

Getting Ready for Your C-Section

Maternity Unit – Level 3, Peace Arch Hospital

Prevent your C-section from being delayed

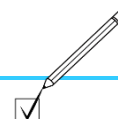
- Complete all of your blood tests at Peace Arch Hospital lab, 24 to 72 hours before your surgery.
- **Do not eat any food** after 12:00 midnight the night before surgery.
- **3 hours before** surgery, you may drink 1 ½ cup (350 mL) of clear apple juice. Please do not drink any other kind of juice. After this, do not drink anything.

If you have any questions about your surgery, call the antepartum nurse 8:30 a.m. to 3:30 p.m., Monday to Friday at **604-531-5512 extension 757273**.

Use this checklist to help you prepare for your surgery

Two (2) weeks before your surgery

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| <input type="checkbox"/> Go to www.fraserhealth.ca/labs to make an appointment at Peace Arch Hospital for blood tests. The lab will have your requisition form. | <input type="checkbox"/> If you take blood thinners, ask your surgeon when to stop taking them. |
| <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 diabetes medicine, ask your surgeon how to take it before surgery. |



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, and 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

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| <input type="checkbox"/> Remove all: <ul style="list-style-type: none"> - makeup - jewellery including face, ears, tongue, or other body piercings <input type="checkbox"/> Do not eat any food after 12:00 midnight. You may 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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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, you may 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)
- ☐ An infant car seat and clothing for baby
- ☐ Personal belongings such as toiletries, slippers, and loose fitting clothing
- ☐ Optional: a device for taking pictures
Note: We do not allow video recording in the operating room

Leave jewellery and other valuables at home.

A nurse from our Maternity Unit calls you 1 week before your C-section date.

At 2 pm or later on the day before your surgery (or Friday if your surgery is the following Monday), your surgeon's office will contact you. They will tell you what time to arrive at the hospital.

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

Surgery date _____

Surgery time _____

Surgeon _____

Check-in time _____

On the day of your surgery, please go to: Patient Registration, Main Level
Peace Arch Hospital, 15521 Russell Avenue, White Rock
After Patient Registration, go to the Maternity Unit, Level 3

[Location and parking information](#)



[Hospital map](#)



[Labour and delivery information plus online tour](#)

