



Patientinformation

Information about your planned caesarean section

Welcome to the Birthing unit

.....(day) /.....(date)(time)

(this is a preliminary booking, and the day may need to be changed)

Whole body Chlorohexidine wash

Skin is not sterile - you can reduce the risk of infection by carefully washing before surgery.

Please follow the attached instructions regarding whole body wash with a special soap containing Chlorohexidine, (for example Hibiscrub or Descutan).

This product can be purchased at the pharmacy.

Double-shower (shower twice) the day before your operation as well as double-shower once the morning of your operation. The first time you double-shower you should also wash your hair with the same product. **Allow for at least a two-hour interval between these two showers.**

Use a clean towel each time you shower, and clean clothes after each shower. Your bed sheets should also be clean.

Blood tests (blood group and Hb) should be taken 2 – 3 days before the operation. These blood tests can be taken at the health clinic (vårdcentral) or antenatal clinic (Barnmorskemottagningen) where you live (ask your community midwife for help). Alternatively, you can ring and book an appointment for your blood tests at the laboratory

at NÄL hospital (telephone 010 – 435 27 01).

The test results should be addressed to the Birthing unit at NÄL (Förlossningsavdelning).

Please complete the attached health declaration and bring it with you on the day of your operation.

The evening prior to your operation

Double shower (see separate instructions)

Remove all nail polish and any piercings or jewellery.

Do not ingest any food or drink after midnight (24.00 hours).

The day of the operation and birth of your baby

Double shower (see separate instructions)

Take 1,5 g (3 tablets á 500 mg) Paracetamol – limit your intake to one mouthful of water in order to swallow the tablets. This should be done **no later than 06.00 hours**.

Aside from this you should have fasted (taken no food or drink) after 24.00 hours.

When you arrive at the Birthing unit you will be met by a midwife and nursing assistant who will take care of you and your partner/ support person. You will have a chance to meet the anaesthetist and obstetrician before the operation.

Prior to the operation

The upper part of your pubic hair area will be shaved - this is where the incision will be made.

A urinary catheter will be inserted so that your bladder is empty during the operation.

What to expect during the operation?

There will be several people in the operating theatre with you. Everyone has a special job to do. An anaesthetic nurse will be by your side throughout. If you are having epidural anaesthesia and are awake, your partner/support person will be able to sit with you. If you are having general anaesthesia and will be asleep during the operation, your partner/support person will need to leave the room once you are asleep.

You will be given intravenous antibiotics during the operation to prevent infection.

Baby may be able to stay with you in the operating theatre from the time it is born. If baby requiring support with breathing baby will be taken to a room immediately adjacent to the operating theatre. Your partner/support person will be able to accompany baby during this time and will return to you with baby as soon as the paediatric nurse and doctor have said everything is ok.

The staff will assist you to place your baby skin-to-skin as soon as possible after the birth.

Following the birth of your baby

You will be cared for on the Birthing unit for at least two hours after the birth, after which you will be transferred to the postnatal ward (BB).

If you have needed a general anaesthesia or your BMI is > 40, there has been complications during the operation you will need to be observed on a special ward (UVA or IVA). In this case, your baby may need to be cared for by your partner/

support person on the postnatal ward until you are awake and stable and can be transferred there.

When you come to the postnatal ward it is important to mobilise as soon as possible, You will be given regular analgesia (pain relief). You will receive daily injections to prevent the formation of blood clots. The urinary catheter will be removed as soon as you are well mobilised.

The usual inpatient stay after a caesarean section is at least 24 hours.