

Elective Caesarean Section Pre-Op Reminder

Information and advice for patients

Maternity

Evening before planned surgery:

- Include carbohydrates as part of your evening meal.
- Take Omeprazole tablet (40mg) at 22:00pm the night before with a light snack.
- Shower with the antibacterial body wash you have been provided with. Do NOT use any creams or lotions after your shower.
- If you are prescribed enoxaparin injections, do not administer the dose due within 24 hours before admission.
- Please be NIL by mouth from midnight (no food or drink other than small sips of water).

Day of planned surgery prior to hospital:

- Take Omeprazole (40mg) at 06:00am with a small amount of water.
- Shower with the antibacterial body wash you have been provided with. Do NOT use any creams or lotions after your shower.
- Bring any medication which you are currently taking with you to hospital.
- Please ensure that you are not wearing any jewellery, makeup up, nail polish or false nails on admission.
- If you are a diabetic patient, please follow the advice given by your diabetic team.

On arrival to hospital:

- Arrive to Maternity Triage at 7.30am with your birthing partner.
- Bring an overnight bag for you and your baby, please leave baby's car seat in the car or at home until you are ready to be discharged from hospital.

If you have any concerns regarding you or your baby, please contact triage on 0121 507 4181

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



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