

Group Education Session:

Having your elective caesarean section with us at St Thomas' Hospital



Introductions

Please put your cameras on!

What we will cover in this session

- Preparation for your caesarean section
- What to bring
- What to expect on the day of your delivery
- Recovery
- Discharge from hospital
- Frequently asked questions

Pre-op blood test

You will need to have bloods taken within 72 hours of your surgery. The Hospital will send you a text message to remind you and you will also receive a call from the Midwife.

If these bloods are not taken, it may cause delays in your caesarean section or possibly, cancellation

Blood tests include: a Full blood count (FBC) and Blood Group (repeat for confirmation)

Venue: Main blood test centre-ground floor south wing St Thomas' Hospital- walk-in, no appointment needed.



Arrival times and prep

07:30am Admission:

- last food 2am
- Sips of water until 07:30am

12:30pm Admission:

- Light breakfast at 07:00am (ie. Slice of toast and tea)
- Sips of water until 12:30pm

Please remove all jewellery, nail polish, and piercings
You may bring a music playlist of your choice (on your mobile phone)

What to bring into hospital

Mother:

- Light snacks for post CS
- Nightie
- Maternity pads
- Knickers that go OVER the wound
- Pillow (coloured pillow slip)



Baby

- . Vests
- . Sleepsuits
- . Pack of nappies
- . Hat
- . Cotton balls

[Packing your caesarean hospital bag? \(babycentre.co.uk\)](http://babycentre.co.uk)



Packing your caesarean hospital bag? | What to take...

For you before your caesarean...

- ☐ Books and magazines
- ☐ MP3 player or CD player and CDs
- ☐ Tablet computer
- ☐ Your birth plan

For your birth partner...

- ☐ Snacks and drinks
- ☐ Digital camera or camera phone
- ☐ Mobile phone, for spreading the news when your baby arrives!

For you after your baby is born...

- ☐ Several pairs of big, high-waisted knickers
- ☐ Maternity pads
- ☐ Baby wipes or sanitary wipes, to help you feel fresh
- ☐ Nappy sacks, to make it easy to dispose of your used pads
- ☐ Short-sleeved nightgown or front-opening shirt
- ☐ Dressing gown
- ☐ Bendy straws, as it will be difficult to sit up and drink
- ☐ Breastfeeding handouts from your antenatal classes
- ☐ Nursing bras (bring two or three)
- ☐ Breast pads
- ☐ Backless, slip-on slippers
- ☐ Wrap or shawl to have around your shoulders if you get cold
- ☐ Fibre-rich snacks to help with constipation
- ☐ Lip balm
- ☐ Peppermint teabags or peppermint water

- ☐ Arnica cream, to help with bruising after birth
- ☐ Washbag with all your toiletries
- ☐ Comfy, loose clothing for when you're up and about
- ☐ Extra pillows
- ☐ Mobile phone and charger
- ☐ Eye mask and earplugs, to help you sleep on the ward
- ☐ Confidence! Don't be afraid to ask for help if you need it

For your baby...

- ☐ Between 10 sleepsuits and 15 sleepsuits and vests.
- ☐ Nappies. You'll need as many as 12 a day for your newborn
- ☐ Muslin squares, for mopping up any milk your baby brings up
- ☐ Several pairs of socks or booties
- ☐ A couple of hats
- ☐ One outfit for the trip home
- ☐ Jacket or snowsuit for winter babies
- ☐ Baby blanket, in case it's chilly outside when you leave
- ☐ Baby car seat

Add your own items...

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

On the day of your caesarean section

Please arrive to the **6th floor of North Wing Postnatal ward.** You can arrive with your birth partner / they can join you later and report to the reception.

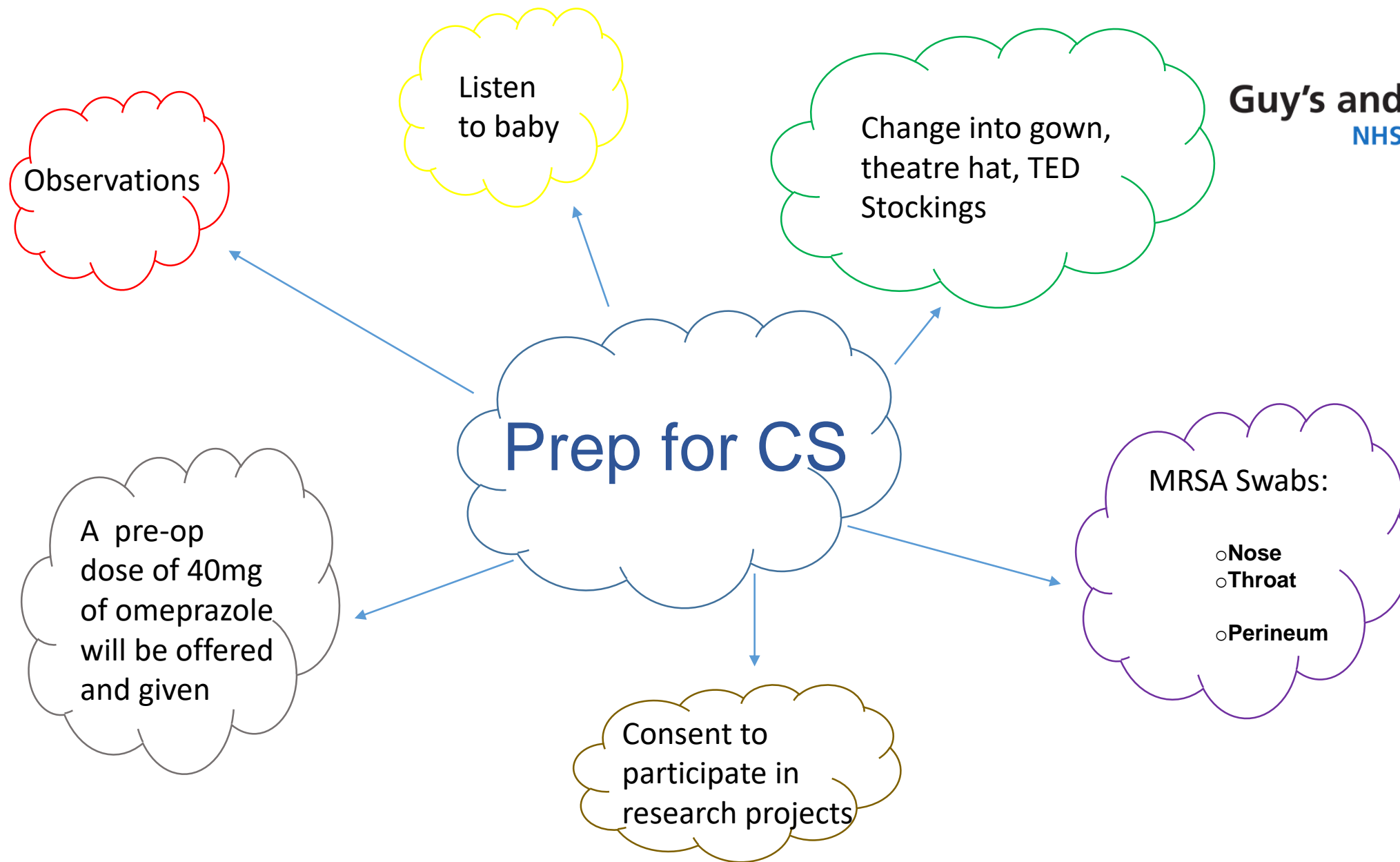


Here, you will meet the team...

The Elective Cesarean team

- Midwife
- Maternity Support Worker
- Obstetricians
- Anesthetists
- Scrub nurses
- Operating department practitioner

Although it feels like a lot of people, we all have a job to do in delivering your baby!



Cancellations and delays

- We order our list based on clinical priority
- We share theatres with the rest of the Maternity Unit.
- St Thomas' is an NHS tertiary unit and therefore we care for women and babies with complex needs. Sometimes, these cases need delivering on certain days to receive the appropriate care. This can lead to some other, more low risk caesareans being moved to an alternative date to facilitate this. This can occur last minute, sometimes even only 24 hours before the day itself.
- **Emergency cases will take priority over the elective activity.** Therefore, delays may occur while we care for these women. We ask that you please be patient and we will try and keep you updated as much as possible.
- On the rare occasion, we have to cancel your elective caesarean, we will invite you back for the next day.

Transfer to birth centre/theatre

7th floor



Anaesthesia

- You'll be given the anaesthetic in the operating room. This will usually be a spinal or [epidural anaesthetic](#), which numbs the lower part of your body while you remain awake.
- The lower part of your body will feel quite numb and your legs will go very heavy
- A urinary catheter will be inserted following this in order to keep your bladder empty.
- We check that the block is working with cold spray
- The operation will not be painful – it may be uncomfortable at times as you can feel pushing and stretching even when the block is working well
- We will give you pain-killers after the surgery and the heaviness in your legs will wear off after about 4-6 hours




In the Operating theatre

What happens?

<https://youtu.be/WEwH5WwMjoE>

[Caesarean Birth | North Bristol NHS Trust \(nbt.nhs.uk\)](https://www.nbt.nhs.uk/caesarean-birth)



Delayed cord clamping is routinely done in theatre for 1-2 minutes except in cases where baby is compromised at birth

Skin to skin with your baby is encouraged

Recovery on the Postnatal Ward

Important things to remember for your recovery

- You can begin to walk around in the evening of your caesarean section. Mobilizing will help you recover quicker.
- Eat a light diet as from 4-6 hours after surgery (soup, fruit, salad, yoghurt ..)
- You can shower with your dressing on.
- You will also have the opportunity to attend a Parent education class @10 am everyday for infant feeding support & Discharge information



Baby checks on the Postnatal ward

- Examination of New born -NIPE (done by Specialist midwife or neonatologist)
- Hearing screen



Maternity Visiting Policy

Birthing Environments

One birth supporter in theatre

An additional supporter in recovery/high dependency areas

Postnatal Wards and Westminster Suite

Birth supporter can stay overnight

3m - 8pm two visitors at a time

Siblings of the baby accompanied by an adult

Discharge

- We aim for a 30 hour discharge once it is safe for both you and your baby to go home
- We are doing our very best to get you home as soon as we can, so please be patient and ask any questions if you need about your discharge!

We advise you to buy the below in advance and **keep at home**:

- A pack of **paracetamol 500mg tablets**
- A pack of **ibuprofen 200mg tablets**
- These medications may be needed during your postnatal period.

Frequently Asked Questions

1. Q **Will my baby(babies) stay with me all the time?**

yes your baby(babies) stays with you at all times except in cases where they need to be admitted to NICU(neonatal intensive care unit) for clinical reasons

2. Q. **What if my breast milk delays to flow after C/S?**

you will produce colostrum in the first few days, mature milk may take longer to establish depending on the feeding history and we encourage skin to skin and breastfeeding after birth when your baby shows signs and hand express if needed.

3. Q. **Is there hospital parking?**

Parking costs £3.20 an hour, there are no maternity exemption passes. Parking outside the hospital area is very limited & sometimes impossible. We encourage considering other modes of transport to arrive for surgery due to possible long waiting times.

Frequently Asked Questions

4. Q. **What if I go into labour before my C/S day?**

Please call or attend the maternity assessment unit (MAU) on 7th floor north wing. Their number: 02071881723- based on your condition you will have an emergency C/S

5. Q. **I would like to change my C/S day who do I speak to?**

You will need to speak to your doctor. Contact your midwifery team to arrange this on your behalf via their email address.

6. Q. **Can I book a private room?**

Yes, but postnatally these are first come first serve.

Westminster Maternity Suite- cost £950 per night.

Please telephone Westminster **02071883019** at **9am on the day of your surgery** for requests. If you cannot be accommodated one day, you can request again the next day.

How to contact the Elective Cesarean team

Pre-op midwife-

07939564297- Tuesday and Thursday only- during office hours

ELCS Admin team- **02071887188 (ext 57145)**- Mon, wed and Friday - 8 am to 4pm

For emergencies:

Maternity Assessment unit: **02071881723 (24/7)**

Thank you for listening.
Any Questions?