

# Preoperative Information For your Cesarean Birth

**Your surgery has been scheduled for \_\_\_\_\_ at \_\_\_\_\_**

Cesarean sections are most often performed in the mornings between 8am and 12pm. You will receive a phone call from one of the Birthing Center nurses the day before your surgery to confirm time for arrival and review instructions and any questions you may have.

We will make every effort to start your surgery at the scheduled time. Due to the unpredictable nature of childbirth, there is a possibility of a delay in your surgery start time if emergent, unscheduled surgeries must be performed. We will do our best to keep you informed of any changes to the timeline for your delivery.

## **PREOPERATIVE TESTS**

Prior to your cesarean section you will need to have blood work drawn. You may have it drawn at any UVMMC outpatient lab, or here at the ACC campus. **Lab work should be drawn no more than 3 days prior to surgery.**

You may have your preoperative lab work drawn at the following places:

### **University of Vermont Medical Center Main Campus**

Ambulatory Care Center (ACC)

Main Pavilion - 2

111 Colchester Ave

Burlington, VT

Hours: Monday - Friday 7AM - 7PM

Saturday - Sunday 9AM - 1PM

Check in with Registration at the desk and they will direct you to the proper place.

### **University of Vermont Medical Center Fanny Allen Campus**

790 College Parkway

Colchester, VT

Hours: Monday - Friday 7AM - 9PM

Saturday - Sunday 9AM - 4PM

Check in at the Registration desk.

## WHAT DO I NEED TO DO IN THE 24 HOURS BEFORE MY C-SECTION?

- Take medicines as instructed by your health care team. Please ask about any medicines that you are unsure of.
- The night before surgery shower with the antibacterial soap sponge or wipes that we have provided to you (see included showering instructions on the last page of this document).
- Leave valuables at home, especially jewelry.
- Do not drink alcohol or smoke tobacco products for at least 24 hours before your surgery.
- Take your routine medications unless your doctor tells you not to take them.

## INSTRUCTIONS FOR FASTING BEFORE PROCEDURE

- It is important to stay hydrated. Drink clear liquids up until 2 hours before your scheduled surgery time. This will help to keep you hydrated and enhance your recovery.

### **Allowable clear liquids include:**

- Water
- Gatorade
- Regular apple juice (no pulp)

- **For non-diabetic pts only** - drink a clear carbohydrate beverage 2.5 hours before your scheduled surgery **if you do not have diabetes**. This will decrease your body's inflammatory stress response to surgery and aid with wound healing and recovery. Options include:

- 26 oz regular Gatorade (not red)
- 16 oz regular apple juice (no pulp)



## ON THE DAY OF SURGERY

- The morning of your surgery shower with the antibacterial soap sponge or wipes that we have provided to you (see included showering instructions).
- Do not wear make-up or jewelry and leave all valuables at home.
- Follow the fasting instructions above.

Your surgery has been scheduled in the Birthing Center on the UVMMC Main Campus.

Valet services are available and can help make parking easier.

The fee for valet service is \$8.00/day. Note that this services closes at 9PM.

Parking is available in the parking garage. The fee to self park is \$7.00/day.

You will be charged when you leave the garage.

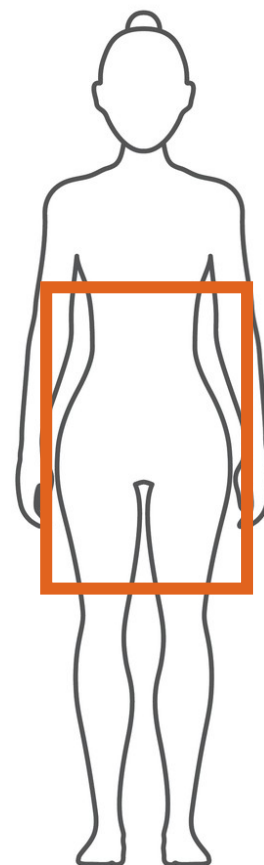
## **PREOPERATIVE SHOWERING INSTRUCTIONS**

You play an important role in the prevention of a surgical site infection by preparing your skin to be as germ free as possible. Your surgeon has asked that you shower with the antibacterial soap sponge or wipes provided.

It contains chlorohexidine gluconate (CHG). If you have a known allergy to this agent you should not use this soap, and inform your surgeon or nurse. In this instance you should use Dial™ or Safeguard™ soap.

## **INSTRUCTIONS FOR USE**

- Shower the night before and the morning of your surgery.
- Do not shave the surgical area.
- At the end of the shower, use the **sponge** side of the provided soap applicator to wash the indicated area noted in the box for a full two minutes while facing away from the water.
- Let soak for an additional 1 minute.
- Rinse entire body.
- Dry gently with a clean towel.
- Do not use powder, cream or lotion after the showers.
- Change to recently laundered and dried bed linen and clothing (e.g. pajamas) after your evening shower.



## **FOR MEDICAL QUESTIONS, PLEASE CALL YOUR OB PROVIDERS OFFICE**

If calling after hours, please ask to speak with the OB  
provider ON CALL



UVMHealth.org/MedCenter

## **PATIENT RESPONSIBILITIES**

### **Read the UVM Medical Center C-Section Guide**

- Follow the eating and drinking guidelines given to you.
- Shower or bathe the night before and again the day of surgery with an antibacterial soap (Dial).
- Follow the instructions you were given regarding your medications. Bring inhalers, nebulizers, and insulin to the hospital.
- **Please arrive promptly** at your scheduled time. Being late can postpone or cancel the surgery.
- Notify your doctor if you become ill before the surgery, or develop a blemish, cut, rash, or abrasion on or around the operative area.
- If, because of religious beliefs, you do not wish to receive blood or blood products during your surgery, please discuss this with your doctor and anesthesiologist BEFORE surgery.

## **RESIDENTS/INTERNS/STUDENTS**

The University of Vermont Medical Center is a teaching hospital and it is likely you will have residents, medical students, and student nurses as a part of your health care team. Your physician (or group) is fully responsible for and in charge of your care. If you have any questions regarding the role of your physician as a teacher, please discuss this with them.

## **LOCAL ACCOMMODATIONS**

### **Best Western**

1076 Williston Road  
(802) 863-1125

### **Clarion Hotel**

1117 Williston Road  
(802) 658-0250  
Shuttle Service Provided

### **Anchorage Inn**

08 Dorset Street  
(802) 863-7000  
Shuttle Service Provided

### **Near UVMHC Fanny Allen Campus**

### **Hampton Inn**

42 Lower Mountain View Drive  
Colchester, VT  
(802) 655-6177

### **Fairfield Inn**

84 South Park  
Colchester, VT  
(802) 655-1400

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