#036853 (8/2022)
The 24 Hours Before Your C-Section

**The Day Before**
You and your OB nurse will review the plans for your C-section.

**8 Hours Before C-Section**
Do not eat from this point forward and drink only clear liquids (examples above).

**2.5 Hours Before C-Section**
Drink a clear carbohydrate beverage.

**2 Hours Before C-Section**
Arrive at the Birthing Center.

**Final Preparations**
Tests and meeting with OB and anesthesia teams.

**Nothing to eat or drink in the 2 Hours before your C-section**

**The 24 Hours Before Your C-Section**

- **Drinking**
  - Only clear liquids

- **Eating**
  - Nothing to eat or drink in the 2 hours before your C-section

**Fees**

- **$8.00**
  - OB visits at the UVMMC (excluding 9 p.m. to 7 a.m.)

- **$7.00**
  - OB visits during regular hours
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chlorohexidine gluconate (CHG)

အကြောင်းအရင်းအမှု:

Dial™ နှင့် Safeguard™ အား အသုံးပြုပါ။
University of Vermont Medical Center has dedicated facilities for women and their families. These facilities include: 

- OB (Dial) 1117 Williston Road (802) 658-0250
- UVMMC Fanny Allen 08 Dorset Street (802) 655-1400

Best Western
1076 Williston Road (802) 863-1125
Clarion Hotel
1117 Williston Road (802) 658-0250
Anchorage Inn
08 Dorset Street (802) 863-7000

Hampton Inn
42 Lower Mountain View Drive (802) 655-6177
Fairfield Inn
84 South Park (802) 655-1400

PREOPERATIVE BIRTHING CENTER ERAC
KAREN by TranslationsDepartment.com (9/22)