

Elective Caesarean Section

Information for consumers

What is Caesarean Section?

A caesarean section is an operation in which a baby is born through an incision (cut) made through the mother's abdomen and the uterus (womb). The cut is usually made low and around the level of the bikini line.

Caesarean sections are performed for many reasons. This can occur either as a planned operation or as an emergency. Your caesarean is called an elective caesarean because it is planned.

On the day of your surgery:

- Do not eat and drink after midnight (afternoon Caesareans light breakfast at 6am allowed).
- You may drink a small amount of water until 6 am. (afternoon Caesareans water is allowed until 11am).
- Please present to the Maternity Unit on the 5th floor at the advised time.
- Take any medications as directed by the medical/anaesthetic staff.

When is my Caesarean booked?

Your doctor or midwife will discuss your birth options with you at your antenatal appointment. If a caesarean is considered the best option, then you will be asked to sign a consent form and booking form. Your date, will not be known until closer to your due date. Your caesarean will be booked as close as possible to your due date to ensure the health and development of your baby. Your caesarean can get changed due to other contributing factors and you will be informed if any changes are made

Talking to the Anaesthetist:

A time will be organised for you to talk to the anaesthetist. Important information they will want to know include information about your pregnancy, medical history, medications that you are taking, and allergies. The Anaesthetist will explain the type of anaesthesia that may be used and possible side effects as well as post-operative pain management. Some women will see the anaesthetist in clinic and others prior to the caesarean.

Blood Test:

The doctor will give you a blood test slip a few weeks before the planned date of your caesarean. Please ensure that you have this completed 1 day prior to your Caesarean at Dorovitch Pathology.



Information for the Support person in the operating Suite:

We understand that the birth of a child is very special and that partners and family wish to be involved, including when a woman is having a caesarean section. It is important to us that your experience is positive and supported.

One support person can be present with the mother in the Operating Suite. The primary role of the support person is to provide support to the mother.

The support person will change into theatre attire on the ward and must wear enclosed shoes to theatre. No thongs or slides are allowed.

When you are in the Operating Theatre:

- You must remain seated at the head end of the bed.
- Should an emergency arise, you will be asked to leave the theatre and return to the 5th floor where you can be contacted at the appropriate time.
- Support people can take photos of your baby after it is born. But video cameras or any other recording devices are not permitted in the Operating Suite.
- At the completion of the caesarean, all attempts will be made by staff for the mother and baby to remain together. However, at times this is not possible.

Please recognise that the first priority for the operating suite staff is the mother and baby.

Further information:

<https://ranzcog.edu.au/wp-content/uploads/2022/06/Caesarean-section.pdf>