

Instructions to Prepare for Your Cesarean Birth

Your cesarean birth (surgery) is scheduled for: _____ (date)

- A nurse from the Birth Center will call you the day before your surgery to answer questions and give you instructions to help you prepare.
- The nurse will also share your arrival and planned surgery times. If your surgery is delayed for any reason, we will let you know as soon as possible.

How do I prepare for my scheduled cesarean birth?

1-3 days before your scheduled cesarean birth:

- ☐ Get your blood drawn at one of Michigan Medicine's blood draw sites to check for your blood type and blood count. Find a location online at: mlabs.umich.edu/blood-draw-station
 - You will receive a piece of blue paper with a yellow sticker from the blood draw lab. Please bring it with you to your cesarean birth.
- ☐ Do not shave or use hair removal products around your pubic area or stomach for at least 3 days before surgery.
- ☐ Keep your nails clean, trimmed, and free of polish or artificial nail products.
- ☐ Stop smoking tobacco products and stop drinking alcohol the day before your surgery.
- ☐ Take all your medications as usual, unless your doctor tells you not to.
- ☐ In the evening before your surgery, shower or bathe with a liquid or new bar of antibacterial soap such as Dial® or Hibiclens®.
- ☐ Sleep with clean linens and sheets the night before your surgery.

On the day of your scheduled cesarean birth:

- ☐ Once again, shower or bathe with a liquid or new bar of antibacterial soap such as Dial® or Hibiclens® on the day of your surgery.
 - Do not put on any deodorant, lotions, creams, powders, makeup, or perfume.
 - Brush your teeth and rinse your mouth with water.
 - Dress in clean, loose-fitting clothes.
- ☐ Bring the blue paper with the yellow sticker on it from your blood draw to the hospital.
- ☐ Bring your Advance Directive document (if you have one).
- ☐ You may wear eyeglasses. If you wear contact lenses, bring your case (as you may need to remove your contacts before surgery).
- ☐ Leave all valuable items at home, including wedding rings and other jewelry.
- ☐ **8 hours before surgery, stop eating.** Do not eat anything, including gum or candy. You can continue to drink clear liquids (like water, apple juice, sports drinks, coffee, and tea). Do not drink creamer, milk of any kind, juice with pulp, or apple cider.
- ☐ Drink 32 ounces (oz) of Gatorade® or Pedialyte®. Make sure to drink a kind of Gatorade® or Pedialyte® that contains sugar but not protein. Make sure you finish drinking at least 2 hours before surgery.
- ☐ **2 hours before surgery, stop drinking everything, including water.**



When you travel to the hospital:

- ☐ Use the address 1540 East Hospital Drive, Ann Arbor, MI 48109 for online directions or rideshare apps.
- ☐ Park in the P4 Visitor Parking structure or use the valet services at the Children's and Women's Hospital circle drive on East Hospital Drive.
 - AATA buses #4 and #23 stop across the street from the hospital entrance.

When you are at the hospital:

- ☐ Check in at the Birth Center Triage desk on the 9th floor of Von Voigtlander Women's Hospital.
- ☐ **You may bring only 1 support person** (partner, spouse, friend, or family member) with you into the pre-surgery area ("pre-op") and into surgery.
- ☐ **Space in the Birth Center waiting areas is limited.** Have other family members wait at home until at least 3 hours after your scheduled surgery time before coming into the hospital to visit you.
- ☐ Leave your suitcase and infant car seat in your car until after we move you to your postpartum room.

After your surgery:

Scan this QR code for more information about preventing infections and keeping your incision (the cut made during your surgery) clean and dry.	
Scan this QR code for more information about recovering after a cesarean birth.	

For more information, review the booklet **"Your Cesarean Delivery: A Guide to Your Birth Experience at Von Voigtlander Women's Hospital."**

Other instructions:

For questions or concerns, call Birth Center Triage at (734) 764-8134.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

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