

# Preoperative Instructions for Cesarean Birth

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Your surgery has been scheduled for: (date) \_\_\_\_\_

Cesarean sections are generally done during the day between 7:30am-3:00pm. **You will receive a phone call from one of the Birth Center nurses the night before your surgery** to confirm the time and give you final instructions.

We will make every effort to start your surgery at your scheduled time. However, 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 inform you of a change in your surgery time as soon as we know your surgery must be delayed.

The Birth Center Charge Nurse will contact you if there is a need to adjust the surgery schedule to accommodate emergency surgeries.

## **1-3 Days Before Your Scheduled Cesarean Birth**

- Go to one of the University of Michigan Health System (UMHS) Blood Draw Sites for your admission labs that include blood type & screening and blood count. This must be done at a UMHS Blood Draw Site.
- Please take the blue paper (with the yellow sticker) to the lab and bring it with you to your cesarean birth.

## **Day of Your Scheduled Cesarean Birth**

- Do not wear cosmetics, nail polish, or any jewelry including your wedding band. Please leave all valuables at home.

- You may wear your eyeglasses. If you wear contact lenses, bring your case and let us know since they will need to be removed.
- Bring a copy of your Advance Directive with you if you have one.
- Park in the Visitor Parking Structure P4 and come to the Birth Center Triage desk on the 9th floor of Von Voigtlander Women's Hospital.
- **You may have 1 person only come with you to the pre-op area and into surgery.**
- Space is limited in the Birth Center waiting areas. Whenever possible, please have other family members plan to wait at home until at least 3 hours after your scheduled surgery time before coming in to the hospital to visit you.
- Please leave your suitcase and infant car seat in your car until after you are transferred to your postpartum room.

For additional information, please see the **Your Cesarean Delivery: A Guide to Your Birth Experience at Von Voigtlander Women's Hospital** booklet.

**Other instructions:**

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If you have any questions or concerns, please call Triage at (734) 764-8134.

Thank you.

Follow the QR code and the YouTube link to learn more about Cesarean Section Recovery:



<https://youtu.be/CoFtgdluBc0>

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