



Caesarean Section Information Sheet

- If you have not been told the date and time of your booked caesarean section, please call your care provider's office.
- Follow your care provider's instructions for taking prescribed medications the day of your caesarean section.
- Stop smoking 48 hours before your surgery.

The Day of Surgery

- Shower or bath with any antibacterial soap the morning of your procedure. Do not put on any lotion or powder after your shower.
- Wear no makeup. Remove all nail polish from your fingers and toes (even clear) and acrylic nails. If you have acrylic nails, one nail must be removed. Do not wear perfumes or scented products.
- Bring your Health Card and your antenatal records (yellow forms from your doctor).
- Leave all valuables and jewellery at home. The Hospital is not responsible for lost belongings.
- Do not bring more than \$10.00 cash with you.
- Register at Main Registration. Registration is located just off the main lobby.



Fasting Guidelines

If your surgery is booked for 8:00 a.m.

- Nothing to eat or drink after midnight. This includes water.
- Arrive at the Birthing Centre at 5:30 a.m.

If your surgery is booked for 1:00 p.m.

- Nothing to eat after midnight.
- You may drink clear fluids from midnight to 7:00 a.m. the day of your surgery. Clear fluids are fluids you can see through, including water, apple juice, tea or coffee without milk.
- Arrive at the Birthing Centre at 10:00 a.m.

