

Instructions to take home for your Caesarean section

Timing of your operation	Morning	Afternoon
Arrival time	7:00am	11:30am
Nil by mouth—food	From midnight	From 7:00am
Nil by mouth—water only	6:00am	11:00am
Nutricia to be taken at:	6:00am	11:00am

No chewing gum, mints or milk on day of operation.

On the day of operation

Please present to: Auckland City Hospital Level 9 ORDA (Operating Room Direct Admission) where you will be prepared for your operation (see map on back).

- Make sure you allow enough time to arrive on time. You will be seen by your surgeon, anaesthetist, midwife and nurse and have the chance to ask questions.
- **You can have one person stay with you while you wait for your operation/procedure.**
- Time of operation can be affected by emergency cases. We will keep you informed if a significant delay is likely.

If you have any other questions or cannot attend your scheduled operation, please contact the Level 9 theatre coordinator by phoning the contact centre on **09 307 4949**.



Before your operation

If you go into labour before your operation, follow your Lead Maternity Carer's (LMC) instructions or phone the Labour and Birthing Suite on 09 307 2888 for advice.

Blood tests

Bloods are to be done the day before your operation or Saturday if your operation is on Monday. Take your forms with you to your nearest Labtest collection centre and this will be done free of charge. It is likely your operation will be delayed if this is not done before the day of your operation.



Find your nearest Labtest centre at <https://www.labtests.co.nz/collection-centres>.

Medicine/tablets

Please take all your prescribed medicine on the day of your operation with a sip of water unless otherwise directed by your doctor or midwife.

When you arrive in ORDA you will be given an Omeprazole 20mg tablet to take with a sip of water. It is important that you arrive on time to have this medication so your surgery is not delayed. Omeprazole is given to reduce the acidity of your stomach.

Diabetes management

Follow the instructions from your diabetes midwife.

The day of your operation

- To prevent infection, have a bath or shower and wash your hair the morning of your operation.
- Remove any makeup, nail polish or jewellery before coming to hospital. These can interfere with your anaesthetic monitoring.
- Please leave all valuables at home.
- Do not drive yourself to the hospital.
- Leave large bags in your car.

Conduct of support person in operating theatre/recovery

One support person is permitted with you in the theatre. They must follow the instructions of the theatre staff at all times.

Use of mobile phones for making and receiving calls is not permitted, and phones should be placed on flight mode.

Photography or video of medical procedures, anaesthetic, operation or theatre staff is not permitted. Photography of only the mother and baby are usually acceptable as long as this does not affect patient care.



The support person will be asked to leave the theatre if required for safe care of mother and baby, or if a general anaesthetic is required.

What to bring

For you

- Any notes from your LMC
- Medicines, inhalers, creams
- Nightwear (convenient for breastfeeding)
- Day clothes
- Nursing pads and bra
- Underwear
- Maternity pads
- Toiletries
- Pen

For baby

In theatre

- Harvested colostrum if available. Talk to your LMC about how to obtain this
- If formula feeding by choice, bring a sterile bottle/teat with 50mls of cooled boiled water in it, your own tin of formula and equipment required for sterilising

For postnatal ward

- Clothes for baby while in hospital and to take baby home in (woollen/cotton clothes, woollen hat)
- Nappies of your choice
- Blanket made of breathable material such as wool or cotton (not polar fleece)
- Car seat to take baby home in (leave in car)



Going home—day of discharge

When you have been assessed as ready to go home/to Birthcare by your LMC or obstetric team, you will be given a discharge summary and a prescription for any medications you may need.

General Hospital Information

Smoking

All patients are asked about their smoking status on admission. People who smoke will be offered nicotine replacement therapy to reduce their cravings while in hospital. Auckland City Hospital has a Smokefree policy—this requires anyone wishing to smoke to do so off the hospital ground site.

Cell phone

Make sure your phone is on silent at night.

Visiting hours

Ward visiting hours are from 1pm to 8pm. A support person may be allowed to stay overnight but you will need to talk to the Charge Midwife on the ward about this.

Parking

We recommend that you use **Car Park A**. Car Park A is at the front of the hospital and can be accessed from **Park Road**. There is a free 15 minute drop off and pick-up zone in this car park.



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