

Welcome

Thank you for choosing Inova Women's Hospital for your upcoming cesarean section (CS). We take pride in providing the highest quality care in a safe and nurturing environment, and will do our best to deliver your healthy baby.

This guide will provide information on how to prepare for your procedure and what to expect once you arrive at the hospital.

Location:

1st Floor CS Registration Desk
Inova Women's Hospital – Green Entrance
Inova Fairfax Medical Campus
3300 Gallows Road
Falls Church, VA 22042

Important Telephone Numbers:

Pre-surgical CS Services: 703.776.8917

Financial Services: 571.423.5750

Anesthesiology Billing Questions: . . 919.873.9533



Before Your Surgery

Your obstetrician will:

- Schedule the date and time of your cesarean section (CS) with the scheduling office
- Please preregister online at inova.org/obprereg prior to arrival on your scheduled CS day

Our nurse navigator will:

- Call you 1 – 2 days prior to your scheduled CS
 - Review your medical and surgical history
 - Discuss any additional testing required and dietary restrictions required by anesthesia
 - Review instructions for your planned CS

Important Pre-operative Instructions:

- Notify your obstetrician if there is any change in your health status before your CS such as a cold, sore throat, cough, fever or flu like symptoms, infection or rash at the surgical site
- Please do not eat or drink any food or liquids eight hours prior to your scheduled CS time. This includes water, mints, gum, candy, etc.

Pre CS Skin Cleansing

Please purchase Hibiclens at your local drug store. It is available in the Pharmacy section. Hibiclens is a 4% chlorhexidine Gluconate (CHG) antiseptic solution that will reduce the risk of infection at your CS incision site. Please follow these instructions:

- Take two showers, one the night before and one in the morning before coming to the hospital for your CS – no tub baths.
- Please do not shave or wax body hair at least 48 hours prior to surgery.
- With each shower, shampoo your hair and wash your skin with your regular products. Rinse thoroughly.

- Using the Hibiclens solution and a clean, wet washcloth, wash your skin surface again. Start from the neck down and gently scrub your skin avoiding the genital area. Allow the CHG solution to remain on your skin for at least two minutes. Your skin should then be rinsed and dried with a clean towel.
- After your evening shower, please sleep in clean bedclothes.
- Do not apply any creams, lotions, powders, perfumes or deodorant on the day of your CS.

Day Of Your Procedure

- Please arrive at the CS registration desk 2 hours prior to your CS scheduled time. The CS desk is located on the first floor of Inova Women's Hospital, directly across from the green entrance parking lot, Level 2 walkway.
 - Please pre-register online prior to your scheduled CS day at inova.org/obprereg
- The registration agent will accompany you to the pre-op area with your support person, where you will change into a gown and prepare for your CS.
- You will meet the following members of our surgical team who will verify your name, procedure, and review your medical information, and obtain your surgical consent.
 - Preoperative nurse and clinical technician
 - Anesthesiologist and/or certified registered nurse anesthetist (CRNA)
 - Your obstetrician
 - Operating room nurse

Please ask any questions or share any concerns you may have at this time.

- Our pre-op nurse will place a fetal monitor on, draw your blood and start an IV to administer fluids and antibiotics. She will review your medical and surgical history, medication and allergies.

At Inova Women's Hospital, we offer skin-to-skin contact (STS), timed cord clamping (TCC), and clear drapes during your CS. Please let us know if you are interested in these options.

Delivery

You will be assisted to the operating room (OR) by our OR nurse and anesthesia team member. While members of our team prepare you, your support person will be waiting in the OR alcove/pre-op area.

Operating (OR) Room Process

- You will be positioned on the operating table in order for our anesthesiologist to administer your spinal anesthetic.
- Shortly after the spinal anesthetic has been administered, you will feel numbness in your legs and abdomen, and our team will position you on the table, lying on your back.
- A catheter will be inserted into your bladder and compression stockings will be placed on your legs to decrease the risk of blood clots during and after your CS.
- Your abdomen will be prepped with a disinfectant solution and a CS drape will be placed on your abdomen. Clear drapes are offered, please request one if you would like a clear drape.
- Once our obstetrical, anesthesia and neonatal teams are ready, your support person will be brought into the OR to sit next to you.
- Your obstetrician will proceed with the CS. From skin incision to delivery of your newborn infant, takes approximately 5 - 10 minutes and closing will take approximately 30 - 60 minutes.
- After delivery of your newborn baby and assessment by the neonatal team, you and your support person will have time to visit with your baby in the OR.
- If you chose to proceed with STS, this will occur immediately after delivery of your infant, if there are no barriers.

Recovery Room (PACU) Process

- Approximately 10 - 20 minutes prior to the completion of your CS, your support person will go to the Recovery Room (PACU) with your baby, where they can bond and the nurses will assess your baby's vital signs.
- Your obstetrician will complete the CS and you will be accompanied to the Recovery Room (PACU) with the obstetrical and anesthesia teams, where you will reunite with your support person and newborn baby.
- In the PACU, our nurses will monitor your vital signs and postoperative course closely for approximately two hours, immediately notifying your physician if there are any concerns.
- You will be able to nurse your baby if you desire in PACU, with the help of our nurses and lactation consultants.
- After approximately 2 hours and a stable postoperative course, you and your family will be transferred to the Family Centered Care Unit.

Directions



Directions to the Hospital

Via I-495 (Capital Beltway):

From the North (Tyson's): Take Exit #51 Gallows Road/650. Go straight across Gallows Road. Turn right at the first light onto Wellness Blvd at the **GREEN** entrance. See parking directions.

From the South (Alexandria/Springfield): Take Exit #51 Gallows Road/650. At the traffic light at the top of the ramp, turn left onto Gallows Road. Turn left at the third light onto Woodburn Road. Turn right at the first light onto Wellness Blvd at the **GREEN** entrance. See parking directions.

Via Rt. 50:

From the West (Fairfax): Exit onto Gallows Road/650. At the top of the ramp, bear to the right onto Gallows Road. Proceed on Gallows Road and turn right at the fourth light onto Woodburn Road. Turn right at the first light onto Wellness Blvd at the **GREEN** entrance. See parking directions.

From the East (Washington/Falls Church):

Pass under I-495 and exit onto Gallows Road/650. At the light at the top of the ramp, turn left onto Gallows Road. Proceed on Gallows Road and turn right at the fourth light onto Woodburn Road. Turn right at the first light onto Wellness Blvd at the **GREEN** entrance. See parking directions.

Arrival and Parking at the Hospital

Please use the **GREEN** Hospital Entrance located directly off Wellness Blvd. For your convenience, a patient drop-off area and valet parking is immediately outside of Inova Women's Hospital's lobby. To park, enter the **GREEN** parking garage which is available for patients, families and visitors. To check in, proceed to the registration desk just inside the hospital lobby doors. If you are scheduled for a cesarean birth, please arrive at least two hours before your surgery time to allow for registration and preparation for surgery.

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