

Preparing for Your Cesarean Section

Enhanced Recovery After Cesarean

Inova Women's Services





Welcome

Thank you for choosing Inova for your upcoming cesarean section (C-section). We take pride in providing the highest quality care in a safe and nurturing environment.

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

Your cesarean delivery is scheduled for:

DATE _____

TIME _____

Please arrive two hours before your scheduled C-section at:

TIME _____

Stop eating solid foods at:

DATE _____

TIME _____

Stop drinking clear liquids at:

DATE _____

TIME _____



Enhanced Recovery After Cesarean

Enhanced Recovery After Cesarean (ERAC) is a step-by-step care plan that was made for you by your obstetrics and anesthesiology teams. The goal of this care plan is to help you feel better faster after your cesarean delivery. Research has shown that this plan will help you to manage your pain better and help you start eating and moving sooner after your surgery.

Why do we use the ERAC care plan?

The ERAC care plan helps you recover quickly and lowers the chance of you having any problems after your C-section. This care plan helps you and your team work together to:

- Keep your pain level under control, which may allow for less narcotic medication (i.e., opioids)
- Reduce the risk of an infection
- Help you get out of bed sooner
- Improve your digestive function after surgery
- Allow you to eat and drink as soon as it is safe for you
- Keep your hospital stay short

C-section

Before Your Surgery

Your obstetrician will schedule the date and time of your C-section with the scheduling office. Please preregister online at inova.org/obprereg as soon as possible if you have not already done so.

Our staff will call you one to two days prior to your scheduled C-section to:

- Review your medical and surgical history
- Discuss any additional testing required
- Tell you about dietary restrictions required by anesthesia
- Review instructions for your planned C-section

Important Pre-Operative Instructions

Tell your obstetrician if there is any change in your health status before your C-section, such as a cold, sore throat, cough, headache, loss of taste or smell, fever or flu-like symptoms, infection, or rash.

Eating instructions:

- Stop eating all regular food eight hours before your scheduled surgery time. You may continue to drink clear liquids (anything you can see through) up until two hours before your arrival time.
- Two hours prior to your arrival time (four hours before your scheduled surgery), drink one bottle of Ensure® Pre-Surgery Clear Drink. This will help keep your blood sugar normal during your fasting time. This will be the last thing you eat or drink before your surgery. (If you are diabetic, your obstetrician will tell you whether you should drink this prior to surgery.)
- **NOTHING** by mouth after this drink. NO gum, candy, mints or ice chips. Ask about taking prescribed medications.
- You may brush your teeth and rinse your mouth the morning of surgery, but do not swallow.

Presurgical Skin Cleansing Instructions

Bathing instructions:

You will need a bottle of Hibiclens® (4 oz.) or similar product. Hibiclens is a 4-percent chlorhexidine gluconate (CHG) antiseptic solution that will reduce the risk of infection at your C-section incision site.

- You will use the Hibiclens on your entire body. Avoid your face and genitals. No tub baths.
- Use half the bottle of Hibiclens to shower the night before your surgery. Use the remaining Hibiclens to shower again the morning of your surgery. (That's two showers total prior to your surgery.)
- With each shower, start by shampooing your hair (optional) and wash your skin with your regular products. Rinse thoroughly.
 - Using the Hibiclens solution and a clean, wet washcloth, start from the neck down and gently scrub your skin, avoiding the genital area. Allow the solution to remain on your skin for at least two minutes. Your skin should then be rinsed and dried with a clean towel.
 - Wear clean pajamas and sleep on clean sheets.
 - Do not shave or wax your pubic hair within two days of your surgery, as shaving increases the risk of infection.

Day of Your Procedure

- Remove all jewelry and leave at home. Do not apply any creams, lotions, powders, perfumes or deodorant on the day of your C-section. Makeup is allowed.
- Please arrive at the C-section registration desk two hours prior to your scheduled surgery time.
- 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 C-section.
- One person can accompany you to the operating room (OR) and stay with you in recovery. Please check [inova.org](https://www.inova.org) for up-to-date visitation guidelines.

- You will meet the following members of our surgical team who will verify your name and procedure, review your medical information, and obtain your surgical consent:
 - Pre-operative nurse and clinical technician
 - Anesthesiologist and/or certified registered nurse anesthetist
 - Your obstetrician
 - OR 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. Your nurse will review your medical and surgical history, including medications you are taking and any allergies you have.
- You will receive IV antibiotics to prevent infection before your C-section.
- You will receive an antacid prior to your surgery to help with nausea or indigestion.
- Good pain control starts before you enter the OR. We will help you prevent pain before surgery by giving you pain-reducing medication like Tylenol.

At Inova, we offer skin-to-skin contact, timed cord clamping and clear drapes during your C-section. Please let us know if you are interested in these options.

- You may bring your belongings in with you or wait until after you are moved to your postpartum room. Bring your photo ID, insurance card, and a camera or phone for photos. Video recording in the OR is not permitted.

Delivery

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

OR Room Process

- You will be positioned on the operating table 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.

The medicine you receive at the same time as your spinal anesthetic will help you feel comfortable for up to 18 hours after surgery, even after the numbing medicine wears off.

- 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 C-section.
- Your abdomen will be prepped with a disinfectant solution and a C-section drape will be placed on your abdomen. Clear drapes are available. 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 C-section. From skin incision to delivery of your newborn infant, it generally takes 5 to 10 minutes. Closing the incision takes 30 to 60 minutes on average.
- 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 skin-to-skin contact, it will occur immediately after delivery of your infant.

Recovery Unit Process

- Approximately 15 minutes before the completion of your C-section, your support person will go to the recovery unit with your baby, where they can bond and the nurses will assess your baby's vital signs.
- Your obstetrician will complete the C-section and you will be accompanied to the recovery unit with the obstetrical and anesthesia teams, where you will reunite with your support person and newborn baby.
- In recovery, 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 in recovery if you desire, with the help of our nurses and lactation consultants.
- After approximately two hours and a stable postoperative course, you and your family will be transferred to the postpartum care unit.

After Your Surgery: The Postpartum Care Unit

Controlling your pain:

- While some pain after surgery is normal, good pain control improves your recovery so you can walk, breathe deeply, feel relaxed, sleep well and care for your baby.
- Pain medications like Motrin and Tylenol will be administered on a schedule to help control your pain.
- Narcotic pain medications are available when needed.

Helping you eat, drink and go to the bathroom sooner:

- You will be given gum to chew in the recovery room; this helps your digestion to start moving.
- You may have clear liquids as tolerated in the recovery room.
- You will start eating real food as you feel up to it (usually after four hours).
- Your urine catheter will be removed as soon as appropriate.

Helping you get up and moving:

- Walking and moving around helps prevent complications after your surgery.
- To prevent blood clots, you will wear compression boots on your calves until you are up and walking.
- Walking not only prevents blood clots but can also decrease pain and prevent constipation.
- You will start getting out of bed with your nurse's help within eight hours of surgery.

Controlling your pain, returning your digestion to normal, and getting you up and moving will help you feel like your usual self sooner. This quick recovery is good for you and your baby. You will be able to carry, feed and enjoy time with your baby.

Thank you for choosing Inova for your childbirth experience!

Inova Women's Hospital on the Inova Fairfax Medical Campus

Arrival and Parking at the Hospital

Please enter the campus from Wellness Boulevard.

For your convenience, a patient drop-off area 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. From the Green garage, take the elevator to level 2 and enter the hospital via the skywalk that connects to the first-floor lobby. The registration desk will be in front of you as you enter the hospital.

Presurgical Services: 703.776.8917

Financial Services: 571.423.5750

Anesthesiology Billing Questions: 919.873.9533



Inova Fair Oaks Hospital

Arrival and Parking

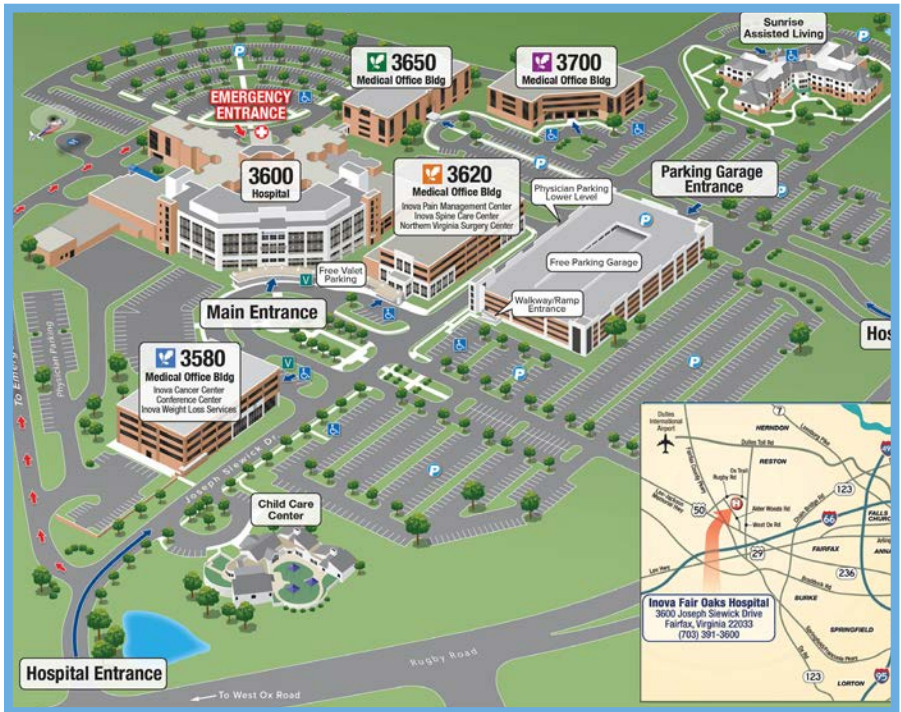
All parking is free at Inova Fair Oaks Hospital for patients and visitors.

- You are welcome to park in the handicapped and expectant mother parking lot near the main entrance to the hospital.
- There is also a large central parking garage for all patients and visitors.
- Enter through the main hospital entrance. Go to labor and delivery on the third floor to complete the registration process.

Presurgical Services: 703.391.3500 x3

Financial Services: 703.391.3614

Anesthesiology Billing Questions: 919.873.9533



Inova Loudoun Hospital

All parking is free at Inova Loudoun Hospital for patients and visitors.

For nearest parking and access to the North Tower, please park in the parking garage or the north parking lot directly in front of the building. If you choose to park in the garage, the pedestrian bridge on the third level provides direct access into the building. Once inside, take the elevators to the ground level and proceed to the lobby.

Labor and Delivery Concierge: 703.858.8690

Financial Services: 703.858.8091

Anesthesia Billing Questions: 919.873.9533



Arrival and Parking at Inova Alexandria Hospital

Please enter through the patient entrance/outpatient registration ONLY.

- Complimentary visitor parking is available in the North Howard Street parking lot across the street from the hospital.
- Paid visitor parking is available next to the visitor entrance. Visitors must pay the regular fees posted for the paid parking lot.

Presurgical Services: 703. 504.3530

Financial Services: 703.504.3164.

Anesthesiology Billing Questions: 571.777.5177 (option #2 for Virginia)



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