



# Preparing for your cesarean section surgery

## At Maple Grove Hospital

Thank you for choosing Maple Grove Hospital for the birth of your baby! We are honored to share in this remarkable experience and hope to do everything in our power to make it as special as you dreamed it could be.

A scheduled C-section allows time to plan. Being well prepared for your surgery can help the process go smoothly and make your recovery much easier. The information enclosed in this document will guide you in your preparations.





# Your scheduled cesarean

## Your surgery is scheduled at:

### Maple Grove Hospital

9875 Hospital Drive  
Maple Grove, MN 55369

As you prepare for your planned cesarean section, rest assured that you and your baby will be well cared for in one of our Operating Room Suites in the Labor and Delivery Unit.

## Your surgery is scheduled on:

Day/Date: \_\_\_\_\_

Arrival time\*: \_\_\_\_\_ a.m. \_\_\_\_\_ p.m.

Surgery time\*: \_\_\_\_\_ a.m. \_\_\_\_\_ p.m.



Please be sure to arrive 1 hour and 45 minutes before your scheduled surgery time.

*\*Occasionally we may have to change your surgery time due to emergencies or schedule changes. For this reason, we ask that you please keep the entire day of your surgery open. If a schedule change is necessary, we will make every effort to contact you.*

### It is important that you:

- Read and follow all instructions in this booklet.
- Complete the medication list in this booklet and bring it along with you.
- Arrive for your surgery at the date and time noted.







# Preparing for your surgery

In advance of your surgery, you will be contacted by Maple Grove Hospital to confirm key information and discuss care needs and preferences. This includes:

## **Pre-registration:**

A pre-registration representative will call you to gather your insurance coverage and verify your important information. If you have questions about your insurance coverage, please contact your insurance provider or your employer's personnel department.

## **Pre-admission:**

A pre-admission nurse will call you the week of your surgery to:

1. Review your medical history and medications
2. Discuss any complications of your pregnancy or special plans for your baby
3. Provide you with instructions for the day of surgery and explain what to expect for your care
4. Ask about any special requests or birth plan preferences you may have
5. Answer any questions about your care or the care of your baby

# Preparing for your surgery

## Please consider the following in advance of your surgery

- If you are hearing impaired or need an interpreter, notify your Surgeon's office. Maple Grove Hospital provides translator services at no cost to patients. Family members may not be used as interpreters per Maple Grove Hospital policy.
- You will find a list of suggested items to bring in this packet. Please review this list and gather your items so you are prepared for your stay.
- Please refrain from any hair removal in your surgical area for at least 2 days prior to your surgery to decrease your risk of infection.
- If you are diabetic or taking other medications, please talk with your doctor for instructions on managing your medication before surgery.

## Day before your surgery

Below is a list of guidelines for the day before your surgery. If you have not received a call from the pre-admission nurse by 3 p.m. the day before your surgery, please call (763) 581-2050.

- Avoid smoking, gum chewing and alcohol.
- Shower with antibacterial soap in the evening.
- After your shower, please use a clean towel, put on clean clothing and sleep on clean sheets.

## Food and liquid directions before surgery

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

**REGULAR DIET:** Stop **8 hours** before your arrival time.

- Eat your regular diet up to 8 hours before your scheduled arrival time.

**CLEAR LIQUIDS:** Stop **2 hours** before arrival time.

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
  - Clear liquids are limited to water, fruit juice without pulp, black coffee without creamer, clear color soda, or tea without milk.
  - Do not drink milk, yogurt, or energy drinks.

## What to bring along to the hospital

- ☐ Insurance card and Picture I.D.
- ☐ Your completed medication list.
- ☐ Any papers or instructions from your physician.
- ☐ A copy of your Advanced Medical Directive, Living Will or Power of Attorney.
- ☐ A storage case for your eyeglasses, contact lenses or hearing aids.
- ☐ Comfortable clothes, slippers and personal toiletries.
- ☐ Infant supplies, clothing, blankets and car seat (Maple Grove Hospital will provide infant supplies during your stay with us, you will just need items for the time of discharge).
- ☐ If you would like professional infant photos taken while you are with us, you may wish to bring a special outfit for your baby to wear.
- ☐ Nursing bra for comfort.
- ☐ Camera to capture important moments and memories.
- ☐ Cord blood (stem cell) kit — if you are banking your child's cord blood.

## WHAT TO LEAVE AT HOME

- ALL valuables – including jewelry, rings, body piercings, purse, wallet. Maple Grove Hospital is not responsible for lost or damaged property.
- Maple Grove Hospital is a fragrance free facility. Light makeup and deodorant are okay to bring.
- Acrylic or gel nails, or dark nail polish.

# Medications

Fill out the medication list below and bring it with you when you come to the hospital. Be sure to include ALL of your current medications and dosages, including over-the-counter medications and herbal supplements. The following medications that require special instructions from your physician at least one week prior to surgery are:

- **Blood Thinning Medication:** Such as Aspirin, Coumadin, Plavix, Ticlid, Heparin, Lovenox, or any antiinflammatories.
- **Diabetic Medication:** If you have diabetes, talk with your physician about the dose of medication you should take the day of surgery.
- **Diuretics:** Generally are NOT taken the day of surgery.

- You may take your usual dosage of the following medication the morning of surgery (take with a small sip of water only):
  - Antacids
  - Antidepressants
  - Asthma medicines (including all inhalers)
  - Pain medicine up to 4 hours before your scheduled surgery time (if necessary)
  - Seizure medicine
  - Thyroid medication

**Do not bring any medications to the hospital with you unless you are instructed to do so.**

Medication List				
Medication	Dosage	How often do you take this med?	Why do you take this med?	Date and time of last dose taken

## Notes

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# Day of surgery

## Surgery checklist

- ☐ Do not eat anything for 8 hours prior to your arrival time unless otherwise instructed.
- ☐ Do not drink anything for 2 hours prior to your scheduled arrival time unless otherwise instructed.
- ☐ You may brush your teeth, just be sure to spit the water out rather than swallowing any.
- ☐ Take only the medications approved by your doctor or the pre-op nurse – you may use a small sip of water to swallow these medications as needed.
- ☐ Remove all jewelry, body piercings and metal accessories – you will not be able to wear metal into the Operating Room.
- ☐ Please leave all valuables at home as Maple Grove Hospital is not responsible for lost or damaged property.
- ☐ Take a second shower with antibacterial soap, do not shave your incision or pubic areas, dry off with a clean towel and put on clean clothing.
- ☐ Light make up, deodorant and clear or light-colored nail polish are acceptable. Please no perfume, acrylic or gel nails or dark fingernail polish.

## ONCE YOU HAVE ARRIVED AT THE HOSPITAL.

Plan to arrive at the main Hospital entrance at the time you were instructed and check in at the 2200 desk on the Family Birth Center floor and tell them that you are here for a Cesarean Section. Once you arrive in your room, your nurse will help you get settled, review your plan of care and prepare things for surgery.

## WHAT YOU CAN EXPECT DURING YOUR STAY.

- The Anesthesia team will meet with you and explain what to expect for your anesthesia care.
- Your surgeon will confirm that the consent form is complete and review the plan with you and the health care team.
- When all preparations are complete, you will go with your nurse to the Operating Room on the 2nd floor of the Family Birth Center. You are welcome to bring one adult into the Operating Room for support. Your support person will be asked to wait for a few minutes while you are getting comfortable with your anesthesia and final preparations are completed.
- When ready, your support person (prepared with scrubs, hat, mask etc.) will sit next to you in the Operating Room. Remind your support person to bring a camera for great baby photo opportunities!
- When your baby is born, the care team will dry him/her off and assess to see if baby is stable. If you and baby are stable, we will bring your baby to you to hold and will try to give you skin to skin time.
- After delivery, you will return to your room for a recovery time of approximately two hours. During this time your nurse will watch your vital signs and other assessments carefully. We refer to this time as “the Golden Time” – a quiet time for you and your support person to enjoy your baby, have skin-to-skin time and help the baby with his/her first feeding.
- During your stay, we will work with you and do everything possible to meet your pain management goals and support your comfort. While some amount of discomfort is inevitable after surgery, we will partner with you in your healing process. We provide comfort measures such as cold and warm packs, abdominal support, relaxing music and nursing care. We also encourage you to take the pain medications available in order to rest well, move comfortably and enjoy your baby.
- Typically patients stay in the hospital for three days following a Cesarean Section delivery. You will need a car seat and infant clothing/ blankets here when it is time to take your baby home.
- It is important for the hospital to know which Pediatric clinic you will take your baby to for follow up appointments so we can support a seamless transition for your baby’s care. We can provide a list of clinics in the area if needed.

## AFTER RECOVERY TIME

Visitors are welcome when you choose to invite them – Maple Grove Hospital does not have visiting hours, but we ask that you follow a few guidelines:

- All visitors must be healthy.
- All children visiting must have a responsible adult with them.
- Each room has a place for one adult to stay overnight. This is a great opportunity for your primary support person to help with your needs and to love and care for the new baby.



**What is skin-to-skin?** Skin-to-skin means that baby is placed, unclothed, onto your chest or belly, against your skin and under a blanket or your clothing. Skin-to-skin is a special opportunity for you and baby, right after birth, as soon as you and baby are ready. Skin-to-skin can be done in the Operating Room whenever medically feasible. If you are not able to do skin-to-skin, it can be done between baby and your support person.





**Thank you for choosing Maple Grove Hospital!**

If you have any questions before your surgery, please call us at **(763) 581-1000**.  
Directions to the hospital can be found on **[northmemorial.com](https://www.northmemorial.com)**.



9875 Hospital Drive | Maple Grove, MN 55369 | (763) 581-1000