








# Cesarean Delivery Enhanced Recovery CareMap

*How to prepare and what to expect*

The steps in this CareMap are for your healing, comfort, and safety.

Before Surgery Day	Surgery Day	
<p><b>Clinic visit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meet with your obstetrician and other care team members. Learn what to expect before, during, and after surgery.</li> <li><input type="checkbox"/> Talk with your doctor about what medicines to take and which ones to stop before your Cesarean.</li> <li><input type="checkbox"/> Sign consent papers.</li> <li><input type="checkbox"/> Be sure your follow-up visit is scheduled for 6 weeks after discharge.</li> <li><input type="checkbox"/> Talk with your nurse about this CareMap.</li> </ul> <p><b>The day before surgery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Receive a reminder call from the hospital about your Cesarean delivery.</li> </ul> <p><b>The night before surgery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Shower, using regular soap (like Dial). After your shower, use the antibacterial soap or wipes that you received in clinic.</li> <li><input type="checkbox"/> <b>Before midnight:</b> Drink 8 ounces of apple juice.</li> </ul>	<p><b>Food and drink:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Starting 8 hours before your surgery, do not eat anything.</b> You may keep drinking clear liquids until 2 hours before your surgery. Clear liquids include water, broth, apple juice, and coffee or tea without milk.</li> </ul> <p><b>Before you leave home:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take another shower, using regular soap. Then use the antibacterial soap or wipes that you received in clinic.</li> <li><input type="checkbox"/> Drink another 8 ounces of apple juice 2 hours before your scheduled delivery.</li> </ul> <p><b>At the hospital:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check in at Labor and Delivery at your assigned time.</li> <li><input type="checkbox"/> We will:                     <ul style="list-style-type: none"> <li>- Place a thin tube called an intravenous (IV) line in your arm to give you fluids and medicines</li> <li>- Stick your finger so we can check your blood sugar levels</li> <li>- Trim your pubic hair</li> <li>- Place monitors on your belly so we can watch your baby's heart rate</li> </ul> </li> <li><input type="checkbox"/> Your Obstetrics Team will meet with you to review your delivery plan and to answer any questions.</li> <li><input type="checkbox"/> The Anesthesia Team will talk with you about the type of pain medicine and sedation you will receive.</li> <li><input type="checkbox"/> The Surgical Team will take you to the operating room (OR). During this time, your support person will change into a surgical gown and join you in the OR.</li> </ul>	<p><b>In the OR:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A spinal or epidural <i>catheter</i> (tube) will be placed to give you pain medicine. Or, if you will receive <i>general anesthesia</i> (sleeping medicine), it will be given at this time.</li> <li><input type="checkbox"/> A Foley catheter will be placed to drain urine from your bladder.</li> <li><input type="checkbox"/> Your abdomen will be cleaned.</li> <li><input type="checkbox"/> Your baby will be delivered by C-section.</li> <li><input type="checkbox"/> The Pediatric Team will check your baby's health and vital signs.</li> <li><input type="checkbox"/> If it is safe to do so, you or your support person may hold your baby.</li> <li><input type="checkbox"/> If needed, your baby will be moved to the Neonatal Intensive Care Unit (NICU).</li> </ul> <p><b>After surgery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You will go to the recovery area.</li> <li><input type="checkbox"/> Nurses will check your vital signs often.</li> <li><input type="checkbox"/> Your nurse will massage your uterus and monitor your vaginal bleeding.</li> <li><input type="checkbox"/> Your nurse will draw some blood so we can check your blood sugar levels.</li> <li><input type="checkbox"/> You can eat and drink.</li> </ul> <p><b>You will have:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> An IV to give you fluids and medicines</li> <li><input type="checkbox"/> Compression devices on your legs to help with blood flow</li> <li><input type="checkbox"/> A Foley catheter in your bladder</li> </ul>



Day of Surgery (Day 0)	Day 1 until Discharge	At Home
<p><b>Medicines and Treatments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> The pain medicine given by spinal or epidural will last 12 to 18 hours. If needed, you will also be given pain pills to take.</li> <li><input type="checkbox"/> You will receive fluids and nutrition through the IV.</li> <li><input type="checkbox"/> We will encourage you to start to drink fluids as soon as you can.</li> <li><input type="checkbox"/> The Foley catheter will be removed.</li> </ul> <p><b>Diet</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> If you do not have nausea, bloating, burping, or hiccups, you can eat a regular diet.</li> </ul> <p><b>Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Your nurse will check on you before you get out of bed the first few times, to make sure it is safe.</li> <li><input type="checkbox"/> Sit in a chair for all of your meals. </li> <li><input type="checkbox"/> Aim to walk a few times in the hall. <b>The more you move, the faster you will heal.</b></li> <li><input type="checkbox"/> If you plan to breastfeed, your nurse will help you.</li> </ul> <p><b>Planning</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ask to meet with a social worker if you have concerns about where you will go after discharge. </li> </ul>	<p><b>Medicines and Treatments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> The IV will be removed when you can drink fluids.</li> <li><input type="checkbox"/> Take pain pills as needed.</li> <li><input type="checkbox"/> We will draw some blood to check your blood count.</li> <li><input type="checkbox"/> If you have a bandage and wound vacuum, they will be removed before discharge.</li> </ul> <p><b>Diet</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eat a regular diet.</li> </ul> <p><b>Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sit in a chair for all of your meals.</li> <li><input type="checkbox"/> Aim to walk 3 to 4 times in the hall. Your goal is to walk 18 laps of the unit and be out of bed for 8 hours a day. <b>The more you move, the faster you will heal.</b> </li> </ul> <p><b>Bathing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sponge bath or shower, as you can.  </li> </ul> <p><b>On Discharge Day</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Shower and dress in your own clothes by 9 a.m.</li> <li><input type="checkbox"/> Your nurse will review your discharge medicines and self-care instructions.</li> <li><input type="checkbox"/> Make sure your follow-up clinic visit is set for 6 weeks after discharge. (You may also see your provider earlier than this.) </li> </ul>	<p><b>Medicines and Self-care</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Taper your pain medicines, taking them only as needed.</li> <li><input type="checkbox"/> Take a laxative as prescribed.</li> <li><input type="checkbox"/> Remove the white tape (Steri-strips) over your incision 5 to 7 days after your Cesarean.</li> </ul> <p><b>Diet</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eat a regular, healthy diet.</li> <li><input type="checkbox"/> Drink plenty of water to stay hydrated. This is very important for your recovery.</li> </ul> <p><b>Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stay active. Aim to walk at least 1 mile a day.</li> <li><input type="checkbox"/> Do not lift anything that weighs more than 10 pounds (1 gallon of water weighs almost 9 pounds).</li> <li><input type="checkbox"/> You may resume driving when you have stopped taking opioid pain medicines and you feel OK sitting in front of the wheel.</li> </ul> <p><b>Bathing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Shower using your regular soap to shower. Let water gently run over your incision area.</li> <li><input type="checkbox"/> Pat dry with a clean towel.</li> </ul> <p><b>Call your doctor if you have:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fever or chills</li> <li><input type="checkbox"/> Nausea, vomiting, or both</li> <li><input type="checkbox"/> Pain that is bad or is getting worse</li> <li><input type="checkbox"/> Constipation that lasts more than 3 days</li> <li><input type="checkbox"/> Heavy bleeding from your vagina for 2 hours (soaking a large pad every hour)</li> <li><input type="checkbox"/> Redness, warmth, or drainage at your incision</li> <li><input type="checkbox"/> Anxiety or depression</li> </ul> <div style="text-align: right;"></div>