

What happens on the day of your elective Caesarean birth?

This leaflet outlines instructions necessary for you to prepare for your elective (planned) Caesarean birth and explains what will happen on the day. There is more information in our leaflet ‘Having an elective (planned) Caesarean birth’, which can be found on the Trust website. It is very important that you follow this advice in order to keep you, your birthing partner and the staff caring for you safe.

Before coming in

- 10pm the night before – take the first Omeprazole (antacid) tablet.
- NO more food after midnight.
- Drink only Lucozade sport or water between midnight and 6am (if needed).
- 6am take second Omeprazole and one dose of Metoclopramide tablets.
- Bath / shower / shave.
- Remove any jewellery, make-up and nail varnish. You can keep a wedding ring on, and it will be covered in tape on the day.
- Please bring a long dressing gown for the day.

On the day

- Arrive at Antenatal Clinic (level 2) by 7.00am, no later than 7.15am.
- Come with your birth partner (only one person please) and bring a small bag, a 500ml bottle of Lucozade sport and a packet of chewing gum. A larger bag with your clothes, maternity pads etc. and items for the baby should be left in the car as there is limited space on the wards.
- Your consultant and anaesthetist will come to talk to you and explain how the day will go and you will be told where you are in the list for the day.
- When you know when your birth will be both you and your birth partner will get changed for theatre into the gown/scrubs which we will provide.
- Walk to theatre to have your baby/babies.
- After the Caesarean, you will transfer to recovery area for approximately two hours (your partner can currently stay with you in recovery).
- Transfer to the ward.

All you need to take in to theatre is a phone/camera and a nappy in your birth partner’s theatre scrubs pocket; the rest of your belongings will be stored in the recovery area.

Your personalised Caesarean birth

At the Royal Berkshire Hospital, in order to make your birth experience special to you, we can offer the following in most instances:

- You can watch the birth of your baby/babies with a mirror.
- We can delay cord clamping.
- Immediate skin to skin contact.
- Your own music to be played in theatre.

If you would like to know more or have any other requests for your birth, please speak to the midwife on the day of your birth.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

L Court, Maternity ANC, July 2020

Reviewed: November 2022

Next review due: November 2024