



CESAREAN DELIVERY INSTRUCTIONS

This information sheet is to help prepare you for your upcoming Cesarean Delivery at Monument Health Rapid City Hospital.

Before you come in:

- Shower the night before AND the morning of surgery.
- Do not eat solid food or smoke after midnight the night before surgery. If your provider wants you to take any medications the day of surgery, he/she will give you instructions.
- You may continue to drink clear liquids up to 2 hours before your scheduled time (water, clear juices like apple juice or electrolyte drinks like Gatorade)
- If able to, drink an electrolyte beverage (Gatorade, Powerade, etc.) before bed the night before surgery and again upon waking up in the morning.
- Do not wear contact lenses, make-up, hairspray, nail polish, hair accessories or jewelry (including body piercings).
- Do not (for security reasons) bring your wallet, credit cards, money or other valuables. All that is required is your photo ID, insurance card, Living Will and/or Advance Directive.

The day of delivery:

- Arrive at least 2 hours prior to your scheduled delivery time, to allow plenty of time for the necessary preparations.
- We ask that you come to the main hospital's West Entrance 6 (see the map on the back) to check in. When you arrive, call 605-755-8324. Labor & Delivery caregivers will meet you and escort you to your birthing room.

What to expect in the L&D department:

- You will be given a gown and some non-slip socks to wear. Please remove all of your clothing, including your underwear and bra.
- You will be given a pack of warm cloths to wash the surgical area. The cloths plus the showers you have taken at home will help prevent wound infection.
- A fetal monitor will be applied, and your vital signs will be taken.
- An IV will be started, a blood sample will be drawn, and admission paperwork will be completed.
- You will receive routine preoperative medications from your nurse.
- Both your OB/GYN physician and the anesthesiologist will see you prior to surgery.
- Any hair on your abdomen and at the top of your pubic area will be clipped with clippers. Please do not shave the surgical area for 1 week prior to surgery.
- You will have a urinary catheter placed to protect your bladder during the surgery, and lower leg compression sleeves will be applied to prevent blood clots in your legs.
- One support person may join you in the operating room as long as you are able to have spinal anesthesia. The person can be present during the delivery of the baby and will follow the directions of the OR staff.

One support person may visit you during your anesthesia recovery period, which lasts 1-2 hours.

The expected length of stay is 2-3 days following an uncomplicated Cesarean delivery, but may be longer depending on your experience.

For you and your baby's security, we offer a security-controlled unit. You will be given a code during your admission that you may share with people you want to be able to visit you while you're in the hospital. No one will be admitted to the unit without this code. Please use discretion in how you share this code, as whoever has the code will be able to enter the unit.

If you have a medical concern prior to your scheduled induction, please go to the Monument Health Emergency Room.

We look forward to helping you welcome your new baby. Monument Health Rapid City Hospital is a non-smoking campus.

If you have any questions, please call your provider or the Labor and Delivery Desk at 605-755-8324.

