



# Your Scheduled C-section

Welcome to Labor and Delivery at GBMC! We hope you have the best possible experience as you welcome a new member to your family.

## Please review the following guidelines prior to your scheduled cesarean section:

- Arrive at Labor and Delivery two hours prior to your scheduled procedure time.
- Do not shave or wax the abdomen or pubic area for two weeks prior to surgery.
- Remove any body piercings. You may put piercings back in after your procedure.
- Shower the night before and immediately prior to coming to the hospital.
- Do not use lotions, moisturizers, or cosmetics on the day of your procedure.
- You may consume solid foods up to eight hours before your procedure and clear liquids up to two hours before your procedure.

### Clear liquids include:

- Water
- Sports drinks
- Soda
- Juice without pulp
- Jell-O (no fruit or whipped cream)
- Black coffee or tea (no cream or sugar)
- Popsicles (no added fruit)

### Clear liquids DO NOT include:

- Milk
- Cream
- Half and half
- Anything with pulp

- Do not consume any food or liquid two hours prior to your procedure.
- If you are doing private cord blood banking, please remember to bring your cord blood kit.
- Leave large items in your car (car seat, stroller, body pillow, etc.). Your support person will be able to retrieve needed items later.

After you register at OB Admitting, a nurse will bring you back to a room by yourself. Your support person will be brought to the room 5-10 minutes later. Please check [www.gbmc.org](http://www.gbmc.org) for the most up-to-date visitor policy.

If you have any questions about your procedure, please call your provider.