

Enhanced Recovery After Cesarean Section (ERACS)

Health. Healing. Hope.

The mission of GBMC is to provide medical care and service of the highest quality to each patient and to educate the next generation of clinicians, leading to *health, healing and hope* for the community.

VISION PHRASE

To every patient, every time, we will provide the care that we would want for our own loved ones.

GREATER VALUES

The values of GBMC are our GREATER Values of *Respect, Excellence, Accountability, Teamwork, Ethical Behavior and Results.*

Labor and Delivery at GBMC

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www.gbmc.org/labor-and-delivery

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-745-5010.
注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-866-745-5010。

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Welcome to Labor and Delivery at GBMC! We hope you have the best experience as you welcome a new member into your family. You are on what we call the Enhanced Recovery After Cesarean Section (ERACS) pathway. **Please review the following guidelines prior to your scheduled ERACS cesarean section:**

- ✓ Arrive to Labor and Delivery two hours prior to your scheduled cesarean section appointment time.
- ✓ Do not shave or wax the abdomen or pubic area for two weeks before your 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 cesarean section.
- ✓ Do not eat any solid foods beginning eight hours prior to your scheduled cesarean time. You may eat a light meal just before you stop eating solids.
- ✓ You may continue to drink clear liquids until your arrival time. You may not have anything by mouth, not even liquids, for two hours prior to your scheduled cesarean section time (this corresponds to your arrival time).
- ✓ Drink the carbohydrate drink, Ensure Pre-surgery, four hours prior to your scheduled cesarean section time (if you are NOT diabetic). You can buy this drink at the following stores or online. If you are diabetic, talk to your provider about the appropriate steps to take before surgery.

Ensure Pre-surgery, Clear Carbohydrate Drink-10 fl oz.

- ◆ Amazon (online)
- ◆ Abbott Nutrition Store (online)
- ◆ Walmart (online/in-store)
- ◆ Walgreens (online/in-store/GBMC Campus)
- You may drink clear liquids during the eight hours before your procedure.
 - ◆ Clear liquids include the following:
 - Water
 - Sports drinks
 - Soda
 - Juice **without** pulp
 - Jell-O (without fruit or whipped cream)
 - Black coffee or tea (no cream or sugar)
 - Popsicles (no added fruit)
 - Broth
 - ◆ Clear liquids do **NOT INCLUDE** the following:
 - Milk
 - Cream
 - Half and half
 - Anything with pulp
- If you are doing private cord blood banking, please remember to bring your cord blood kit.
- Please leave any large items in your car (i.e., car seat, stroller, body pillow, hospital bag). 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 for the most up-to-date visitor policy.

Every effort will be made to proceed with your cesarean section at the scheduled time. However, there may be a delay in your admission to the prep room or in the start of the surgery if any emergencies develop in Labor and Delivery at that particular time.

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

What to expect while you are in the *prep room* prior to surgery:

- You will be put on a fetal monitor.
- An IV will be inserted and you will receive warmed IV fluids.
- The incisional area will be clipped with clippers to remove any hair prior to going in the OR.
- You may receive some IV medications to relieve nausea.
- You will receive antibiotics to prevent any surgical site infections.

What to expect while you are in the *OR*:

- An anesthesiologist will place a spinal block and you will be given a long-acting pain medication. You will be awake the entire time but will not feel pain during the surgery.
- You will have a urinary catheter inserted after your spinal block is placed.
- You will have Sequential Compression Devices (SCD) placed on your lower legs to help prevent thromboembolisms (blood clots).
- You may receive a non-narcotic medication through your IV at the end of the surgery to assist with pain control.
- Your support person will be with you during the surgery. They may enter after the surgical drape is placed.

What to expect after your surgery in the *recovery room*:

- The nurse will place the baby with you for skin-to-skin contact and help initiate breast feeding if you are planning to do so.
- You will be given clear fluids (water, ginger ale, or juice).
- You will receive an abdominal binder (compression belt to be worn after surgery).
- Your vital signs will be taken, and your abdomen assessed every fifteen minutes for two hours.
- You will keep your SCDs on while you are in bed.

What to expect after your surgery in your *postpartum room*:

- You are welcome to and encouraged to start eating a regular diet as soon as two hours after surgery when you arrive in your postpartum room if you do not have any nausea.
- You will be encouraged to chew gum to help with gastrointestinal motility and passing gas.
- You will receive acetaminophen and ibuprofen every six hours as your primary pain management until discharge.
- You will receive Simethicone and Colace to help with passing gas unless you are having diarrhea.
- You will have anti-nausea medications and other pain medications ordered if needed.
- You will use an incentive spirometer to help keep your breathing normal and your lungs clear.
- Your urinary catheter will be removed eight hours after your surgery.
- You will get out of bed and move around eight hours after your surgery. You will walk through the unit three times a day.
- Your IV fluids will be discontinued once you meet the appropriate clinical milestones.
- Plan to go home on day two if your baby is also ready for discharge.



Please scan this for more information about Labor and Delivery and the resources we offer.