



HOAG HOSPITAL – NEWPORT BEACH

# Preparing for your scheduled Cesarean section

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Women's Health  
Institute

Dear Families,

Thank you for choosing Hoag for your special day! We are excited to assist in your childbirth experience. This brochure will serve as a guide to prepare you for what to expect during your scheduled Cesarean section.

Please check in on the 5th floor of the Sue & Bill Gross Women's Pavilion east tower in the OB Triage department, and have your identification and insurance cards with you.

Upon check-in, staff will be notified of your arrival and a nurse will be with you shortly to start your admission process. You will be allowed to have one support person with you during your admission and surgery. Your support person will be provided coveralls to maintain sterility in the operating room. Please have your current medication and allergy list available. The nurse will review these and your medical history. Your baby will be monitored during your admission and an IV will be started.

Please keep belongings to a minimum as they cannot be permitted in the operating room and will be left in the recovery room during surgery. Cameras are permitted, still photos are allowed and encouraged, but video is prohibited during the procedure. Please refrain from photographing staff without their permission.

Thank you again for choosing Hoag. Your health and your baby's health are our main priorities, and it is our pleasure to serve you. If you have any questions or concerns, please let us know.

Sincerely,

The Hoag Labor and Delivery Team

**Questions? Call 949-764-5789**

## How to prepare

Please wear loose comfortable clothing. Please do not use lotions with bronzer, shimmer, self-tanner or glitter on the day of your scheduled surgery. Please remove all piercings and jewelry prior to arriving at the hospital. Please leave all valuables at home or with a family member as you will be in a semi-private room until you are moved to a mother-baby room after your initial surgical recovery period.

## Labs

Please have your blood work drawn within 24 to 72 hours before your scheduled surgery. You may go to Hoag Health Center Newport Beach outpatient lab located at 510 Superior Ave., Suite 110, Newport Beach (see map included in this brochure).

## Diet

Do not eat solid food eight hours prior to your procedure. You may drink clear fluids (preferably carbohydrate enriched, e.g. Gatorade®) up to two hours prior to your surgery unless otherwise instructed by your physician.

## Cord blood collection kits

Please discuss cord blood collection options with your physician. He/she can answer your questions and provide you with resources. Cord blood collection kits are welcomed to be used. There are several different companies that provide this service, and we ask that you have this set up ahead of time. These companies are not affiliated with the hospital and the hospital is not responsible for providing a kit to you. The company will provide you with a kit that has identification codes unique to you. Please bring your kit with you on the day of your procedure. The nurses and physicians will assist you in completing the kit. When the

kit is completed it is your responsibility to call the company for retrieval of the completed kit. Please remember to keep your kit with you as you transfer rooms.

## Placenta

It is important to discuss with your primary OB the risks and benefits of keeping your placenta after delivery. Per hospital policy, if you are planning on keeping your placenta, you will be required to sign the Patient Request for Release of Placenta consent form. After delivery, the placenta will be placed in a plastic container provided by labor and delivery. You will be responsible for bringing a container in which to transport the placenta from the hospital. No storage will be made available for the placenta, and your family/significant other will be required to take the placenta to transport it from the hospital immediately after they have received the placenta.

There are some exceptions that you need to be aware of that will prevent you from taking your placenta:

- If the provider determines the need for the placenta to go to pathology for further examination.
- If you have been diagnosed with a communicable disease, including one of the following, but not limited to Hepatitis B, C, D or HIV/AIDS.

If you don't want to keep your placenta, the placenta will be disposed of in a red bio-hazard waste bag immediately. Once the placenta leaves the room you can no longer decide to keep your placenta.

## MRSA

### What is Methicillin-resistant Staphylococcus aureus (MRSA)?

Staphylococcus aureus is a micro-organism commonly found on the skin or in the nose of healthy individuals. It is a common cause of minor skin infections. It can cause more serious infection like surgical wound infections, bloodstream infections and pneumonia.

MRSA is a staphylococcus aureus micro-organism that can no longer be killed by antibiotics that have been used to treat regular staph infections for decades.

### What will happen if I test positive?

If your swab test is positive for MRSA, the hospital staff will take steps to prevent the spread of this micro-organism to others. Additional information will be provided to you by your doctor if the test is positive.



## Patient paperwork

Please bring your insurance card and photo ID with you to the hospital. If you have signed a consent in your physician's office to have a sterilization procedure such as a bilateral tubal ligation, please bring a copy of that documentation as well.

- **Advanced directive**

On admission, you will be asked if you have an advanced health care directive. An advanced directive is a written document that allows you to stipulate the medical treatment you want during times when you are unable to speak for yourself. If you wish to complete an advanced directive you should do so prior to admission. Hospital employees may not act as witnesses. If you have an advanced directive, please provide a copy of the document on admission.

- **Medication and allergy list**

Please have your medication and allergy list available as this information will be reviewed by your nurse upon admission.

## Arrival time

You will be asked to arrive 1.5 hours before your scheduled procedure. Upon arrival, you will be asked to sign admission documents.

## Anesthesia

Before surgery, you will meet your anesthesiologist. Your anesthesiologist is one of the physicians caring for you in the operating room. As a vital member of your surgical team, the anesthesiologist has the critical responsibility for your safety and comfort when you undergo an operation.

- **Who will be my anesthesiologist?**

A doctor from Newport Harbor Anesthesia Consultants (NHAC) will provide your anesthesia. This is a group of physicians who provide anesthesia, critical care and pain management services exclusively at Hoag and its affiliated surgery centers. Each physician is a specialist in anesthesiology.

- **When will I meet my anesthesiologist?**

Your anesthesiologist may call you at home the evening prior to your operation. At this time, you will discuss your health history, the plans for your anesthetic and your operation. The anesthesiologist will carefully evaluate your medical history and ask about any medications you may be taking. In addition, this physician will inform you about the procedures associated with your surgery, discuss the anesthetic choices, and the risks and benefits. Your anesthesiologist will be able to answer any questions that you may have about the anesthesia.

You will meet your anesthesiologist in person immediately before your operation. He/she will review your medical records for a clear understanding of your needs and medical conditions, and you will again be able to discuss any questions or concerns. He/she will discuss the anesthesia consent and arbitration agreement with you.

- **What if I have questions about the anesthesia?**

If you have any questions about your anesthesia, please call Hoag's Department of Anesthesiology at 949-764-6954. The office hours are Monday through Friday, 9 a.m. to 5 p.m.



## Immediate post-op recovery

Immediately following surgery you will be moved to the labor and delivery recovery room with your baby and support person. You will remain here for a minimum of one hour to monitor your post-op recovery. Your nurse can provide breastfeeding assistance at this time. Only one visitor is allowed at the bedside, and they will not be allowed to rotate with other visitors during this time. This is an ideal time to rest, feed your baby, practice skin-to-skin and bond. Following your immediate post-op recovery you will be transferred to the mother-baby unit on the 6th or 7th floor.

What to expect:

- You will be moved from the gurney to the bed.
- You will be provided chewing gum immediately after your procedure. You are encouraged to chew gum throughout the remainder of your stay to promote bowel recovery.
- You will be medicated according to your pain and nausea levels.
- Although some pain is expected after a Cesarean section, we will do our best to keep your pain at a manageable level.
- You will get up out of bed and walk to the bathroom eight hours post-delivery time.
- We will check your bleeding and incision at least every 12 hours depending on your bleeding.
- You will be attached to monitors to check your blood pressure, oxygen level and heart rate for 24 hours.
- Upon transfer to the mother-baby unit, your nurse will order a regular diet for your next meal.
- Peri care every four hours (i.e., change pads).
- Walk three times a day (breakfast, lunch and dinner; outside in the halls).

## Considerations following a Cesarean section

- We promote getting out of bed for the first time within eight hours of surgery.
- Repositioning in bed can be a challenge and may be uncomfortable.
- The Foley catheter will stay in between 8 to 12 hours after delivery.
- IV access remains in place for 24 hours.
- Staples, if present, will be removed prior to discharge.

## What is ERAS?

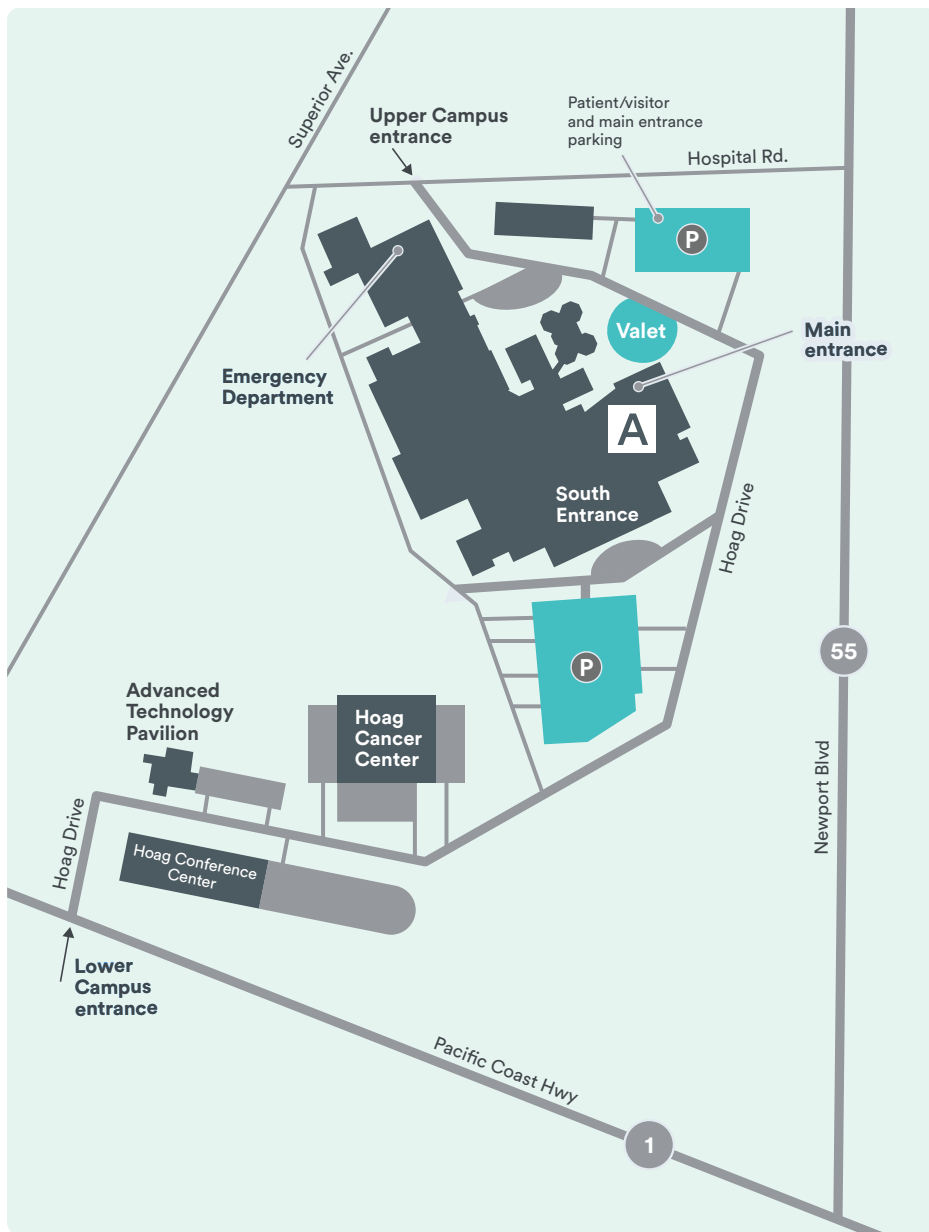
You may be eligible to participate in our Enhanced Recovery After Surgery Protocol (ERAS) based on the kind of surgery you are having and your surgeon. ERAS protocols involve multiple modes of pain control including regional anesthetics, intravenous and oral medications. Your participation is critical to your success and may involve non-traditional steps such as drinking clear liquids two hours before surgery, getting out of bed the evening of surgery and walking multiple times per day. You may be asked to chew gum after your surgery to improve your bowel function. Your surgeon will discuss your eligibility.

## Length of stay

You can expect to be discharged between 48 and 72 hours post-delivery. Your length of stay will be determined by your physician. For patients free of complications post-delivery, we will work to get you home with your family as soon as possible.

## Discharge checklist

- |  |   |
|--|---|
| <input type="checkbox"/> Discharge orders for mom and baby     | <input type="checkbox"/> Newborn Heart Screening  |
| <input type="checkbox"/> Rhophylac given (if indicated)        | <input type="checkbox"/> Complete and sign birth certificate and social security paperwork  |
| <input type="checkbox"/> Maternal vaccines given, if consented | <input type="checkbox"/> Make sure the driver has a car seat installed and knows the location of the main entrance of the Sue & Bill Gross Women's Pavilion |
| <input type="checkbox"/> Newborn Hearing Screening             |   |
| <input type="checkbox"/> California Newborn Screening          |   |



## Hoag Hospital - Newport Beach

**A**

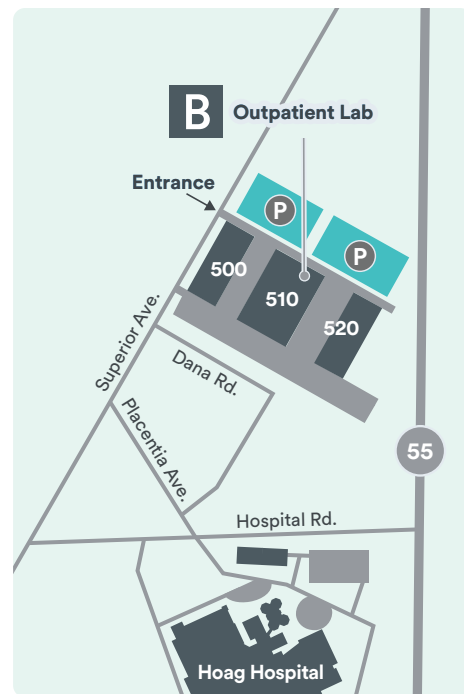
Main entrance

1 Hoag Drive

Newport Beach, CA 92663

Sue & Bill Gross Women's Pavilion, 2nd floor

**949-764-4624**



## Hoag Health Center - Newport Beach

**B**

Outpatient Lab

510 Superior Avenue, suite 110

Newport Beach, CA 92663

**949-764-5600**

Mon - Fri: 7 a.m. - 6 p.m.

Sat: 7 a.m. - 3 p.m.

Sun: Closed



Parking

For a detailed map of the hospital, see the Information Desk.

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