



**Maitri Health Care for Women**  
Obstetrics, Gynecology and Midwifery

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## Preoperative instructions for Cesarean Birth

**Your surgery has been scheduled for: (date) \_\_\_\_\_**

Cesarean sections are generally done in the mornings between 8am and 12pm. **You will receive a call from one of the Birth Center nurses the night before your surgery** to confirm the time and give you final instructions.

We will make every effort to start your surgery at your scheduled time. However, due to the unpredictable nature of childbirth, there is a possibility of a delay in your surgery start time if emergent, unscheduled surgeries must be performed. We will inform you of a change in your surgery time as soon as we know your surgery must be delayed.

### The night before surgery

1. Do not eat or drink anything (including gum, hard candy, water, etc) after midnight.
2. Do not smoke tobacco products or drink alcohol for at least 24 hours before your surgery.
3. Take any medications you usually take unless your physician tells you not to take them.

### The morning of your surgery

1. Take a shower or bath with an antibacterial soap such as Dial before you come to the hospital.
2. You may brush your teeth but do not swallow any water.
3. Do not wear cosmetics, nail polish, or any jewelry including your wedding band. Please leave all valuables at home.
4. You may wear your eyeglasses. If you wear contact lenses, let us know since they need to be removed.
5. Take only the following medications with a small sip of water:

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If you have any questions, call Triage at 802-862-7338, option 2.