

Patient Information

**Enhanced Recovery Programme for Planned Caesarean Section**

You have been given this leaflet because you are due to have a planned (elective) caesarean section. At Harrogate Hospital we run an enhanced recovery programme. Enhanced recovery is an evidence-based approach designed to help people recover more quickly from surgery, including caesarean section.

**Advantages of an enhanced recovery programme?**

- ☆ It focuses on the elements of care women have told us are important to them
- ☆ Good information prior to admission
- ☆ Reduced time fasting before caesarean
- ☆ Effective pain control afterwards
- ☆ Helping you get up and about so that you can look after your baby more easily
- ☆ Quicker return to normal after surgery
- ☆ Shorter stay in hospital

**What do I need to do before my surgery?**

- The first difference you'll notice is the pre-operative fasting instructions. The tables below outline when you can and can't eat before your surgery. Please check the time of your surgery as this will make a difference to your fasting times. This is explained in the two tables below.

**MORNING CAESAREAN SECTION**

<p><b>Day Before Your Surgery</b></p>	<ul style="list-style-type: none"> <li>• We recommend that you eat a carbohydrate-rich supper (such as rice, pasta or pizza)</li> <li>• You can eat light snacks such as toast or cereal and have dairy products until 2am</li> </ul>
<p><b>The Morning of Your Surgery</b></p>	<ul style="list-style-type: none"> <li>• <b>NO MORE FOOD AFTER 02:00</b></li> <li>• You can continue to drink <b>WATER ONLY</b> until <b>06:00</b></li> <li>• At <b>06:00</b> on the morning of your caesarean drink <b>ONE</b> of the following to enhance your recovery:             <ul style="list-style-type: none"> <li>• TEA/COFFEE (max 400mls)+2 SUGARS+ A <b>SMALL AMOUNT OF MILK ONLY</b>(15ml)</li> <li>• SMALL CARTON OF RIBENA (max 400mls)</li> <li>• SMALL CARTON OF <b>CLEAR</b> APPLE JUICE (max 400mls)</li> </ul> </li> </ul> <p style="text-align: center;"><b><u>NO MORE FOOD OR WATER AFTER 06:00</u></b></p>

**Please make your way to Pannal ward for 07:15**

## AFTERNOON CAESAREAN SECTION

<p><b>Day Before Your Surgery</b></p>	<ul style="list-style-type: none"> <li>We recommend that you eat a carbohydrate-rich supper (such as rice, pasta or pizza)</li> </ul>
<p><b>The Morning of Your Surgery</b></p>	<ul style="list-style-type: none"> <li><b>07.00 BREAKFAST</b> to be <b>COMPLETED</b> by <b>07.30</b></li> <li><b>No solid food for 6 hours prior to surgery</b></li> <li>You can continue to drink <b>WATER ONLY</b> until <b>11.30</b></li> <li>At <b>11.30</b> on the morning of your caesarean drink <b>ONE</b> of the following to enhance your recovery: <ul style="list-style-type: none"> <li>TEA/COFFEE (max 400mls)+2 SUGARS+ A <b>SMALL AMOUNT OF MILK ONLY</b>(15ml)</li> <li>SMALL CARTON OF RIBENA (max 400mls)</li> <li>SMALL CARTON OF <b>CLEAR</b> APPLE JUICE (max 400mls)</li> </ul> </li> </ul> <p style="text-align: center;"><b><u>NO MORE FOOD OR WATER AFTER 11.30</u></b></p>

### Please make your way to Pannal ward for 12.15

- You can ask any questions you still have – it's useful to make a list of these at home, so that you don't forget them.
- Final blood tests may be necessary, and the Midwife caring for you will give you all the support you need.

### What can I expect during the operation?

The enhanced recovery programme does not affect the anaesthetic or type of surgery that you have for your caesarean- please refer to the Caesarean Section Patient Information leaflet for more details about the anaesthetic and operation. Skin to skin contact with your baby is encouraged as soon as possible after the birth and can be supported whilst in theatre.

### And after the operation?

- You, your birth partner and your baby will be taken into our recovery area, next to the operating theatre, where you will stay for approximately 30 minutes. Here:
  - You will be offered water immediately afterwards
  - Skin to skin contact will be encouraged
  - You will be helped to feed your baby
- You will then be transferred back to Pannal ward where you will be offered tea and toast.

- Regular painkillers will be offered and it is recommended that these are taken at the prescribed intervals even if there is no discomfort at that time. If you feel it is not sufficient tell your midwife so they can give you something stronger and more effective.
- Your catheter (the tube put into your bladder to help keep your bladder empty during the operation) will be removed approximately 6 hours after the operation. This is a painless procedure that simply involves deflating the small balloon that is holding it in place.
- We will encourage you to start getting up and moving around gently as soon as you are comfortable to do so. This helps you to be better able to care for your baby and also reduces complications.
- Most women will be able to go home 24 hours after their surgery, although some women may stay longer if the need arises.

### Any Further Questions?

Please contact Pannal ward on 01423553157

Below are some links for more information that you may find helpful:

National Institute of Clinical  
Excellence (NICE)  
<http://www.nice.org.uk/pdf/CG013publicinfoenglish.pdf>

Obstetric Anaesthetists'  
Association  
<http://www.oaa-anaes.ac.uk>

Royal College of Anaesthetists  
[www.youranaesthetic.info/](http://www.youranaesthetic.info/)

Royal College of Obstetricians  
and Gynaecologists  
[www.rcog.org.uk](http://www.rcog.org.uk)

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.