

## **7. What to Bring**

Items you may wish to bring include toiletries, nightgowns, underwear, nursing bra, an outfit for your baby to wear home, and if you have a birth plan, please bring a copy. If you forget, we have extra toiletries available for you upon request. Some patients prefer to leave their suitcase in the car until they are admitted and assigned a room.

## **8. Arrival Time on Day of Surgery**

Please arrive **promptly two hours** before your scheduled surgery. This will give us time to prepare you for your cesarean birth. The nurse will ask you questions, start an IV, take your vital signs and monitor your baby.

## **9. Anesthesia**

The anesthesiologist and the certified nurse anesthetist or PA will discuss with you, before your delivery, the type of anesthesia to be used. Regional anesthesia (epidural or spinal) is the preferred choice for a cesarean birth. This numbs a large region of your body so you do not feel pain, and allows you to remain awake during your delivery. On the rare occasion that regional anesthesia cannot be used, a general anesthetic where you are put to sleep will be used.

## **10. Support Partner in the Delivery**

One support person may be with you in your delivery. (On the rare occasion where general anesthesia is indicated for delivery, the support person cannot be in the operating room.)

## **11. During Your Cesarean Birth**

The Anesthesia staff will monitor your vital signs closely and manage any medical problems that might arise. Compression stockings will be placed on your lower legs to prevent blood clots from forming. If you have family members waiting for your call or in the waiting room, let them know your surgery will take between 1 to 2 hours. (The Labor & Delivery phone number for family to call is 404-686-2312.)

## **12. Immediately After Delivery (Bonding and Breastfeeding)**

Your baby will remain in the operating room after delivery until he or she is dried off, evaluated and has an opportunity to bond with you.

- ❖ Two identification bands will be placed on your baby in the delivery room. A duplicate band will be placed on you and **one** other person of your choice. If your baby is in the nursery for any reason, this allows the banded mother and other designated person entrance into the nursery. The identification bands should remain on until discharge of mom and baby.
- ❖ After evaluation and bonding in the operating room, your baby will go to the nursery for a short time for further observation. Your partner is encouraged to accompany the baby to the nursery.
- ❖ Once you are transferred to the recovery room, your baby may return to breastfeed and/or bond with you and your family.
- ❖ You will be cared for in the Recovery Room after your surgery for 1 to 2 hours before you are transferred to a room on one of our two mother-baby care units.
- ❖ The typical hospital stay after a cesarean birth is three days. (The Mother-Baby Unit 34 phone number is 404-686-2237 and Mother-Baby Unit 42 phone number is 404-686-2891.)

## **13. Baby Safety and Sleep**

Accidental falls may occur when you sleep with your baby or doze in a chair with him or her in your arms. Please help us maintain a safe environment by placing your baby on his or her back in the bassinet when you feel drowsy or ready to sleep. Keep your baby in the crib while walking in the hallway. Please call your nurse if you need help.

**EMORY HEALTHCARE**

**EMORY UNIVERSITY HOSPITAL  
MIDTOWN**