



**Your C-SECTION is  
scheduled on:**

**Date:** \_\_\_\_\_

**Time of Surgery:** \_\_\_\_\_

**Please Arrive By:** \_\_\_\_\_

**Holland Hospital  
Boven Birth Center**

602 Michigan Avenue  
Holland, MI 49423  
(616) 394-3316

PATIENT GUIDE

# Preparing for Your Cesarean Birth

Congratulations on the upcoming arrival of your baby! You and your physician have planned for delivery by Cesarean Section. This information sheet will assist you in planning your hospital stay. Our staff consider it a privilege to participate in the birth of your baby and look forward to welcoming you to Boven Birth Center on your special day.

## Preparing

Prior to your surgery, your nurse will clip any hair at the incision site. Please do not shave the area yourself, as shaving can result in tiny cuts in the skin which can increase your risk of developing a surgical site infection.

The day before your surgery, one of our nurses will call you to review important pre-arrival instructions and answer any additional questions. It's helpful to have your hospital bag packed and ready with items needed for 2-3 nights. Please plan to shower the night before or in the morning before coming to the hospital. A restful night of sleep is recommended.

The night before your surgery it is **very important** that you do not eat or drink anything after midnight, or your surgery may be postponed.

## The Day of Surgery

Please arrive **2 hours** prior to your scheduled surgery. Park in the upper level Yellow Lot #3, located above the Emergency Room entrance. When you enter the hospital, the receptionist will direct you to the Boven Birth Center, where your private room will be waiting. Your nurse will prepare you for surgery by placing an intravenous (I.V.) line in your arm or hand for fluids and medications to be administered during surgery. You will also receive antibiotics to prevent infection.

Your nurse will also insert a catheter (tube) to keep your bladder empty during the surgery and wash your abdomen with antibacterial solution to prevent infection.

## Pain Control

Your anesthesiologist will discuss pain management with you prior to surgery and will monitor your pain during the surgical procedure. After surgery, your nurse will frequently assess your pain level and administer medications to control your pain according to your individual needs.

## Visitors

You may have one person accompany you during the surgical preparation, procedure and recovery period, which generally takes about 5 hours from the time you arrive. After your recovery period, additional family and friends will be allowed to visit you and your newborn, as you desire. We ask that the number of visitors in your room not exceed 4 persons at any one time.

## Questions

We understand that you may have unanswered questions about your surgical procedure, or may even feel a bit anxious. Your care, comfort and safety are always our top priority. We are here for you. If you have questions about your upcoming stay or surgical procedure, feel free to call Boven Birth Center at (616) 394-3316.