

**ART & SCIENCE of
OBSTETRICS and GYNECOLOGY PC**

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**CESAREAN SECTION
PRE-OPERATIVE INSTRUCTIONS**

YOUR C-SECTION DATE: _____ **TIME:** _____ **Arrive at hospital 2 hours before surgery.**

YOU MUST UNDERSTAND: the reason(s), benefits, and risks for your surgery. You should have your questions answered.

BE AT THE HOSPITAL ON TIME: Arrive at the hospital 2 hours before the scheduled start time. Otherwise, your C-Section may be delayed to a later time or rescheduled to another day. Your history and physical, lab results and orders will already be at the Sentara Leigh Family Maternity Center.

DO NOT: eat anything after midnight the night before surgery. Do NOT chew gum, suck on hard candy or smoke cigarettes during the 5 hours before surgery as these activities cause you to fill your stomach with swallowed air and saliva. You may have clear liquids five hours prior to your procedure time. You may brush your teeth, but do not swallow any water.

CLEAR-LIQUIDS INCLUDE: Apple Juice, Cranberry Juice, Water, Jell-O, Popsicle, Grape Juice, Slurpee, Chicken Broth, Beef Broth, Gatorade, Coffee **without creamer or milk**, Tea without lemon or milk, soda (Coke, Ginger Ale, Sprite, Pepsi, Diet Coke or Diet Pepsi). Sugar substitutes are allowed. **DO NOT DRINK ANYTHING ELSE. IF IT IS NOT ON THIS LIST, then DO NOT DRINK IT!!!**

PLEASE:

Remove contact lenses (bring your glasses)

Remove piercings and ALL jewelry (including wedding band)

Remove or minimize make-up and nail polish

Take a shower and shampoo late the night before or early the morning of surgery

WHAT ELSE TO BRING: Check the normal Birthing Plan list for items to bring with you to the hospital.

Remember to bring a well charged cell phone/camera with charger.

PRE-PROCEDURE LAXATIVE: Please use Colace, one 100mg capsule twice a day and Miralax (granular powder), one dose in 1/3 glass of water once each night starting two days before surgery and continuing both Colace and Miralax the week following surgery.

PRE-PROCEDURE ANTI-GAS: The day before your procedure use Gas-X with breakfast, lunch, dinner and bedtime (4 times during the day) this will coat your intestines with simethicone and reduce gas pains after surgery.

PREOPERATIVE ILLNESS: Call us promptly if you feel a sore throat, cough, fever or viral illness coming on, so that your surgery might be rescheduled.

DAY OF SURGERY: call 757-261-8694

DAY BEFORE SURGERY: call 757-481-3366.

POST OPERATIVE APPOINTMENT: If you have not already scheduled your post op appointment, please call our office 1-4 days following your surgery to schedule a follow up appointment.

RECOVERY INSTRUCTIONS: Should be given to you before surgery and will be available on my website vbgin.com under the headings Obstetrics and Cesarean Section.