



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Enhanced Recovery after Caesarean Section

Information for patients, relatives and carers

Maternity Services

① For more information, please contact your midwife

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Introduction to the enhanced recovery programme

The enhanced recovery programme aims to improve the care provided to women and decrease the length of hospital stay following elective caesarean section delivery. We are trying to naturalise the process and improve the patient experience and satisfaction. This means that you will be offered to go home after 24 hours (next day) following planned elective caesarean sections.

You have been given this option because we anticipate that your caesarean section will be straight forward and you wish to go home at the earliest opportunity. The benefit of early discharge after surgery is minimal disruption to your family life, and there are not known to be any increased risks for you or your baby.

Preparations for your Caesarean Section

At antenatal clinic - once the decision for a caesarean delivery is made, you will be provided with **caesarean section and enhanced recovery patient information leaflets** and you will be assessed for whether or not you are suitable for next day discharge.

Day prior to surgery:

At pre-assessment you will be given advice on pre-operative fasting and a prescription for some medication you will need before your caesarean section.

When you attend for pre-operative assessment you will be seen by the anaesthetist and obstetric team. A blood test will be taken for a group and save sample, so we know what blood group you are. Swabs are taken for MRSA and during the COVID pandemic a COVID swab is taken. As this is elective surgery we require the whole household to isolate once this swab has been taken for COVID. Further information will be given if the COVID test comes back positive.

Pre-operative Fasting Guidance

Evening prior to surgery;

- You can eat a carbohydrate- rich supper (such as rice, pasta or pizza).
- At 10.00 pm take an antacid.
- You can eat light diet (such as toast and cereal) until midnight.

Day of surgery:

- You are advised to take **No more food after midnight and continue to drink water only.**
- At 6.00 am take your prescribed/given antacid and Metoclopramide (anti sickness tab) 10 mg.
- At 7.00 am you can drink **one** of the following to enhance recovery:
Black tea/coffee (max 400 mls) + **two sugars** – with small amount of milk (15 mls/one tablespoon)
Fruit squash (max – 400 mls),
Clear apple juice (max 400 mls)
- **No more food or fluid after 7.00 am.**
- Bring a dressing gown that will keep you warm and inform staff if you feel cold. It is important to keep warm to reduce the risk of postoperative complications.

If your surgery is at York hospital, please attend ward G2 promptly at 7.30 am.

If you are going to be delayed please call 01904 726002.

If your surgery is at Scarborough hospital, please attend the Labour ward promptly at 7.30 am.

If you are going to be delayed please call 01723 342124.

During Caesarean Section

The majority of elective caesarean sections are straight forward, but like any other significant operation there are risks involved. If there are any complications during your caesarean section it may not be appropriate for you to go home the next day. Your surgeon will inform you if this is the case.

Recovering after your Caesarean Section

You should begin to eat and drink as soon as you feel able to after the caesarean section, this will help your body to recover quickly. A caesarean section is a major abdominal operation and pain following the operation is to be expected. You will usually have been given a painkiller by suppository whilst in the operating theatre and you will be offered regular pain relief on the post-natal ward. As soon as possible after your operation, the staff will help you to have a wash and sit out of bed. This is important to reduce the risk of thrombosis (blood clots). Once you have got up and out of bed and after six hours from your operation, your catheter can be removed and the midwife will make sure you are able to pass urine properly.

You will be given assistance to care for and feed your baby on ward if you need it and a midwife will check you are happy with this before you are discharged.

At home

You can take painkillers for as long as you need them. You will be visited by a community midwife the day after you go home. If you have any concerns or questions when you are home you should contact us by phoning the labour ward of the hospital where you had your operation.

Contact numbers

York Hospital Triage:	01904 725924
York Hospital Labour ward:	01904 726004
Scarborough Hospital Labour ward:	01723 342124

Visiting times

Day of Surgery

3.00 pm to 8.00 pm (partners only before 3.00 pm).

Day after Surgery

1.00 pm to 8.00 pm

These are the normal visiting times for our hospitals.

At the moment during the COVID pandemic, birth partners are advised to book a visit to the ward for the next day. During the pandemic visiting times may be more restricted and you are advised to check with the ward staff for updated visiting times/slots.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Maternity Services, c/o Patient Leaflet Team,
1st Floor Park House, Bridge Lane, York, YO31 8ZZ
York and Scarborough Teaching Hospitals NHS
Foundation Trust, Telephone 01904 721045 |or 725230
or email us at patient.information2@york.nhs.uk.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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