



AKADEMISKA  
SJUKHUSET

Att föda med hjälp av planerat kejsarsnitt - engelska

# Giving birth by planned caesarean section

Information



## If you have questions, contact:

Do your questions concern registration or the day of surgery?  
Call the BB department 96 E/C2 018-611 56 93

Do you feel like labour has started?  
Call Childbirth and Maternity at 018-611 57 00



Turn the page  
to read more!

# Giving birth by planned caesarean section

Our goal is to do everything we can to help make delivery by caesarean section a positive a childbirth experience.

## At the registration visit

Bring a valid i.d. document. You may meet with a midwife/assistant nurse, doctor and anaesthesiologist, who will give you information about caesarean section. Preparatory checks are done. Expect the visit to take the whole morning.

## Before the caesarean section

- You will receive a preliminary date. Situations sometimes arise that require us to move the date/time of your caesarean section, in which case we will contact you.
- Do not shave the pubic area the week before the operation, as this increases the risk of infection.
- Shower the night before the scheduled caesarean section and on the morning of the day of surgery; use regular soap. Thoroughly clean the navel and groin area. On one of these occasions, you should also wash your hair.
- Remove nail polish. Do not wear jewellery.
- Dress in clean clothes after the shower; go to bed with clean sheets.
- You will need to fast before the operation, that is, do not eat anything starting 24.00 hours before your appointment, and do not use any tobacco products. You are allowed to drink water and clear liquids until about 2 hours before the time you are scheduled to arrive at the hospital on the day of the operation.
- On the morning of the day of the operation, when you change your clothing at the hospital, you will put on your compression socks. These should also be used throughout the period of care to reduce the risk of blood clots.

## Partner/relatives

A partner/relative who stays overnight at BB pays SEK 450/day, which is debited via a payment invoice. The price includes breakfast, lunch, dinner and evening coffee/snack.

- Pack a change of clothes for your partner/relative as well. Preferably a sweater with a zipper/shirt to enable skin to skin contact with your baby.
- We are unable to provide a refrigerator or microwave during your stay at BB due to covid-19.

## The day of the operation

A few days before the date of the planned caesarian section, you will be called by the surgical coordinator. You will then be informed of the time you need to be on site and where you need to go.

Go to the Women's healthcare clinic (Kvinnokliniken) entrance 95/96 and floor as you were informed by the surgical coordinator. We will greet you and show you to your room. The order of caesarean sections performed will be prioritised based on medical indications.

If an emergency arises during surgery, this will be prioritised and your time may be delayed.

The department does the following:

- Routine checks
- Entry site for fluids
- Basic pain relief and antibiotics are given before the operation.

During the operation:

- Camera/mobile can be used in offline mode.
- Partner/relative is shown where he/she can change clothing.
- Anaesthesia is administered by anaesthesiologists.
- Urinary catheters are inserted by midwife.
- Before surgery begins, a thorough check is done to ensure that you do not react to pain stimuli at the surgical site.
- The procedure takes 20-40 minutes. If you have previously had abdominal surgery, it may take longer due to adhesions.

## No separation

Our goal is to provide care that keeps mother and baby together as much as possible as well as the mother's partner/relative for the first hours after the operation. This care is delivered in the postoperative recovery ward. **The criteria for co-care is that nothing unforeseen occurred during surgery.** If the criteria for co-care are not met, the baby may receive co-care with partner/relative and skin to skin contact at BB, while you are monitored in the recovery ward.

## After the caesarean section

You can return to BB once you are feeling well and the movement in the legs starts to return. Remember that is important to move your body and that you should try to get out of bed as soon as you can. After a few hours, you can start drinking liquids and eat a light meal.

## Pain relief

Good pain relief is important for you to be able to care for your baby, to facilitate mobilization that promotes healing and to facilitate the earlier removal of urinary catheters (about eight hours after surgery) to avoid urinary tract infection. You will evaluate the level of pain you are feeling using what is known as a VAS scale, where you rate your level of pain from 0-10 before and after you receive pain medications. In addition to the basic pain relief medications taken in tablet form, you may also need extra pain relief during the first 24 hours; this is provided according to your individual needs.

## Discharge

A doctor will discharge you and you will then have the opportunity to discuss the surgery and ask any other questions you might have. The typical length of stay in the hospital after a caesarean section is about two days, if mother and baby are both feeling well.



### 1177 Vårdguiden

You will find information and services for your health on the website 1177.se. For health care advice call 1177, open 24 hours a day.



### Contact Akademiska

Akademiska sjukhuset can be contacted via:  
patientkontakt@akademiska.se  
Patientkontakt: 018-611 30 33,  
General number: 018-611 00 00