

Information for your upcoming caesarean section

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

Your caesarean section has been booked for: _____

Your pre-assessment is booked in Day Assessment Unit:

- We may need to change this date closer to the time due to unit capacity. In this instance, the consultant on-call would triage each scheduled section and prioritise medical need. We will phone you with an updated section date as soon as possible to allow you to make any arrangements needed.
- You will be contacted about a COVID-19 swab appointment. This is taken 48 hours before your caesarean.

Before your caesarean section

- Buy over the counter pain relief to take when you go home after your baby is born.
- Ensure you have your hospital bag packed. You will be staying in hospital for at least 24 hours.
- If you are going to breastfeed, you can start hand expressing your colostrum from 36 weeks onwards (you can ask your midwife for more information).

On the day of your caesarean section

- Do not eat any food after 3am.
- You can drink water until 6am.
- Please ring Labour Ward at 6am on 01271322605
- Put on your anti-embolism stockings before leaving home
- Arrive on Bassett Ward at 7am

Don't forget to bring your green handheld notes!

If you think your waters have gone, you are going into labour or any other urgent concerns before your caesarean section date, please contact Labour Ward on 01271322605.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

Northern Devon Healthcare NHS Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.northdevonhealth.nhs.uk

© Northern Devon Healthcare NHS Trust
This leaflet was designed by the Communications Department.
Tel: 01271 313970 / email: ndht.contactus@nhs.net