

# Enstriksyon Sou Sezaryèn

Ou pwograme pou w fè yon sezaryèn, oswa seksyon C. Se yon operasyon pou fè tibebe w la pran nesans atravè yon ensizyon nan pati anba vant ou ak matris ou.

## Enfòmasyon enpòtan

- Ou dwe rive nan lopital la 2 èdtan 1/2 anvan lè operasyon ou a, pou nou ka mete w prè. Li enpòtan pou w rive a lè.  
Sezaryèn ou a pwograme pou: \_\_\_\_\_  
Ou ou dwe rive anvan: \_\_\_\_\_
- Rele founisè swen sante w la oswa sèvis travay ak akouchman an nan 380-283-7575 si w gen kesyon.

## Preparasyon pou operasyon ou a

### Prepare Po W

Yo pral ba ou yon savon espesyal ki rele 4% kloriksidin glikonat (chlorhexidine gluconate), oswa CHG, pou netwaye po ou anvan operasyon an pou diminye chans pou enfeksyon. Founisè swen sante w la ap ba ou enstriksyon sou fason pou w itilize CHG a. Pale ak founisè swen swen ou si ou gen nenpòt kesyon sou fason pou w netwaye po w ak CHG.

### Chanjman nan medikaman yo

- Founisè w la te ba ou enstriksyon ki anba yo, jan endikasyon an di l la:
  - Pa fè okenn chanjman nan medikaman ou yo.
  - Fè chanjman sa yo nan medikaman ou yo: \_\_\_\_\_

### Chanjman nan Rejim Alimantè Ou

- **PA manje okenn manje solid pandan 8 èdtan anvan operasyon ou a.**
- Ou ka konsome likid klè jiska 2 èdtan anvan operasyon ou a. Sa gen ladan dlo, Gatorade klè, ji pòm ak kafe nwa (SAN lèt oswa krèm).

### Fè Egzèsis Pou Amelyore Fòs Ou

Bon kondisyon fizik ka ede w retabli pi rapid apre operasyon an epi ak mwens komplikasyon. Eseye fè egzèsis omwen 30 minit sou pifò jou nan semèn nan, men premye pale ak founisè healthcare ou sou kalite egzèsis ak aktivite ki san danje pou ou.

### Sispann Itilize Tabak

Fimen ak itilizasyon lòt pwodui ki gen tabak pandan gwosès mete santi tibebe w la an danje. Tabak la ralanti retablisman w apre operasyon an tou, epi li ekspozè w ak yon seri pwoblèm.

- Si ou fimen oswa sèvi ak lòt pwodui ki gen tabak, ou dwe **sispann 4 semèn anvan epi jiska 8 semèn apre operasyon an** pou ede blese ou a geri. Si ou bezwen èd pou sispann, pale ak founisè swen ou a.

## Sispann Itilize Alkòl

Pa gen okenn kantite alkòl ki san danje ki ka itilize pandan gwosès la. Menm yon ti kantite ka ogmante risk pou gen mal fòmasyon depi nan nesans, twoub aprantisaj ak lòt pwoblèm pou tibebe w la.

- Si ou bwè alkòl, w ap bezwen pou w **sispann 4 semèn anvan epi jiska 8 semèn apre operasyon an** pou ede blese ou a geri. Pale ak founisè ou a si ou bezwen èd pou sispann konsome alkòl.

## Jesyon doulè

Ou ka pran medikaman pou doulè anvan ak pandan operasyon an, tou depann de sa ki san danje pou ou ak tibebe a. Jere doulè ou ka ede w geri pi bonè epi santi mwens doulè pita.

- W ap resevwa medikaman (anestezi nan kolòn vètebral) pou angoudi vant ou ak janm ou yo. Se yon medsen (anestezis) k ap mete l nan zòn anba do a. Anestezi jeneral, ki vle di w pa gen pou w dòmi pandan pwosedi a, yo itilize l sèlman nan yon ijans.
- Apre pwosedi a, ou pral jwenn medikaman doulè anndan venn ou pandan w ap retabli. Pi ta, yo pral chanje w medikaman pou ba w sa ki kont doulè nan bouch, lè sa nesèsè.
- Doulè a pi rèd pandan 2 a 3 premye jou apre akouchman an, apre sa, l ap diminye ti kras pa ti kras. Doktè w la pral preskri w medikaman kont doulè pou kenbe w konfòtab pandan pwochen jou yo, men li posib pou doulè a pale nèt.
- Pale ak enfimyè ou a konsènan doulè w la. Objektif medikaman doulè se pou w ka mande pou w pran l anvan doulè a vin twò fò. Yon gwo doulè ka anpeche w respire yon fason ki pwofon, touse ak mache, sa ki ka kontribye ak retablisman w.

## Kè plen

Ou ka gen kè plen pandan oswa apre operasyon ou a. Y ap ba ou yon seri medikaman pou soulaje sa, nan venn ou oswa nan bouch ou, lè sa nesèsè.

## Ki sa pou w pote

- Foto idantifikasyon, kat asirans, ak ko-peman, si sa nesèsè.
- Lis tout medikaman yo, medikaman sou preskripsyon ak sa yo van san preskripsyon, ansanm ak tout vitamin oswa pwodui ki fèt ak plant w ap pran.
- Lis alèji ou yo.
- Lis pwoblèm sante ak operasyon anvan yo
- Kopi direktiv avanse ou a, tankou yon testaman lavi oswa manda.
- Ti sak ki gen zafè esansyèl ou yo. Moun ki akonpaye w pou akouchman an ka pote yon seri atik tankou chèz machin pou bebe, rad pou tounen lakay pou ou ak tibebe w la, ansanm ak lòt zafè pou Inite Apre Akouchman an.

## Swen anvan operasyon ou a.

- Yo pral plase w sou siveyans anvan nesans pou siveye batman kè tibebe w la anvan operasyon an.
- Enfimyè w la pral mete yon katetè anndan venn ou pou likid ki nesèsè yo epi l ap fè prelevman san pou yon tès san. Rezilta tès san yo ka pran jiska 2 èdtan oswa plis. Se pou sa li enpòtan pou w rive nan lopital la 2èdtan1/2 anvan lè.

- Enfimyè w ap retire nenpòt plim nan vant ou, epi lave vant ou ak yon moso twal soup ki pou dezenfekte (retire mikwòb sou) po ou.
- Ekip anestezi a pral rankontre avèk ou pou pale sou pwosedi a ak ki fason ki pi bon pou jere doulè ou.
- Lè ou pare pou operasyon an epi ekip chirijikal ou a fin revize rezilta tè san ou a, yo pral mennen w nan nan sal operasyon an pou yo ka akouche tibebe w la.

## Pandan ak apre operasyon an

- Operasyon an ka fèt pandan w eveye men vant ou angoudi Sa pèmèt ou eveye pou nesans tibebe ou a. Mwens souvan, medam yo bezwen anestezi jeneral. Sa vle di w ap dòmi pandan operasyon an.
- Ou ka gen 1 moun kòm sipò nan sal operasyon an avèk ou. Pèsonèl la ap ede moun ki akonpaye w la pou l mete rad ki nesèsè yo epi pou l antre nan sal operasyon an.
- Depi operasyon an fini, ou pral pase tan nan sal la retablisman kote yo pral siveye tansyon w, batman kè w, respirasyon w ak tanperati w.
- Si tibebe w la an bòn sante, li ka rete avèk ou pandan yon peryòd tan. Apre sa, y ap transfere w nan chanm apre nesans la lè peryòd rekiperasyon ou fini.

## Vizite yo

- Se sèl moun ki akonpaye w pou akouchman an ki gen otorizasyon pou l nan zòn anvan operasyon oswa zòn operasyon yo. Lòt manm fanmi yo dwe rete nan zòn datant lopital la.
- Se yon sèl moun alafwa ki ka ba w vizit nan sal retablisman an, men yo otorize plizyè vizite lè yo fin transfere w nan inite apre akouchman an.
- Se sèlman 1 vizite majè (ki gen plis pase 18 an) ki gen dwa pase nwit lan pandan sejou lopital ou a.
- Règleman vizite yo ka chanje selon bezwen sante ak sekirite pasyan yo.

## Sèvis Travay ak Akouchman

### University Hospital

520 W. 10th Ave.  
Columbus, OH 43210

Ou ka planifye trajè w jiska lopital la pandan w ap bay vizit [go.osu.edu/labor\\_delivery](https://go.osu.edu/labor_delivery).

Lè w rive lopital la, w ap gen posiblite pou w fè yon valè ak pakin machin ou an nan antre prensipal la oswa ou ka al pakin poukont ou nan pakin Wexner Medical Center 527 W. 10th Ave. Antre prensipal nou an ouvè 24 sou 24 epi 7 sou 7 pou depo ak sèvis valè, epi se antre ki plis pratik pou sèvis travay ak akouchman. Si w Chwazi pakin poukont ou nan pakin vwazen an, pake nan katriyèm etaj la epi antre nan lopital la atravè pasrèl ki mennen jis nan dezyèm etaj la.

Lè w antre nan antre lopital la, kit se nan anba lakay la, kit se nan dezyèm etaj la depi soti nan pakin nan, yon reprezantan pasyan yo ap endike w asansè ki mennen nan sèvis travay ak akouchman nan 23èm etaj.

---

Dokiman sa a se pou rezon enfòmasyon sèlman. Pale ak founisè swen sante ou a si w gen nenpòt kesyon sou swen ou.

# Cesarean Section Instructions



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER

You are scheduled to have a cesarean section, or C-section. This is a surgery to deliver your baby through a cut (incision), in your lower belly and uterus.

## Important information

- You need to arrive at the hospital 2½ hours before your surgery time, so we can get you ready. It is important that you are on time.  
Your C-section is scheduled at: \_\_\_\_\_  
You need to arrive by: \_\_\_\_\_
- Call your healthcare provider or Labor and Delivery at 380-283-7575 if you have questions.

## Preparing for your surgery

### Getting Your Skin Ready

You will be given a special soap called 4% chlorhexidine gluconate, or CHG, to clean your skin before surgery to reduce the chance of infection. Your healthcare provider will give you instructions on how to use the CHG. Talk to your healthcare provider if you have any questions about cleaning your skin with CHG.

### Changes to Medicines

- Your provider has instructed you as marked below:
  - Make no changes in your medicines.
  - Make these changes to your medicines: \_\_\_\_\_

### Changes to Your Diet

- Do NOT eat any solid food for 8 hours before your surgery.**
- You can have clear liquids up to 2 hours before your surgery. This includes water, clear Gatorade, apple juice, and black coffee (NO milk or cream).

### Exercise To Improve Your Strength

Being in good physical shape can help you recover from surgery quicker and with fewer problems. Aim to exercise at least 30 minutes on most days of the week, but first talk to your healthcare provider about the types of exercise and activity that are safe for you.

### Stop Tobacco Use

Smoking and other tobacco use during pregnancy put your baby's health at risk. Tobacco also slows your recovery after surgery and puts you at risk for problems.

- If you do smoke or use other tobacco products, you need to **stop 4 weeks before and up to 8 weeks after surgery** to help your wound heal. If you need help to quit, talk to your provider.

## Stop Alcohol Use

There is no safe amount of alcohol that can be used during pregnancy. Even small amounts can increase the risk of birth defects, learning problems, and other issues for your baby.

- If you drink alcohol, you will need to **stop 4 weeks before and up to 8 weeks after surgery** to help your wound heal. Talk to your provider if you need help to stop using alcohol.

## Pain management

You may get medicine for pain before and during surgery, depending on what is safe for you and the baby. Managing your pain can help you heal sooner and feel less pain later.

- You will get medicine (spinal or epidural anesthesia) to numb your belly and legs. It is placed by a doctor (anesthesiologist) in the lower back. General anesthesia, which means you would be asleep during the procedure, is only used in an emergency.
- After the procedure, you will get pain medicine through your IV while you recover. Later you will switch to oral pain medicine, as needed.
- Pain is the most intense the first 2 to 3 days after delivery and then gets less. Your doctor will order pain medicine for you to keep you comfortable for the next few days, but you may not have total pain relief.
- Talk with your nurse about your pain. The goal of pain medicine is to ask for medicine before the pain becomes too strong. Intense pain may prevent you from breathing deeply, coughing and walking, which help with your recovery.

## Nausea

You may have nausea during or after your surgery. You will be given medicines to help with this through your IV or by mouth, as needed.

## What to bring

- Photo identification, insurance card, and co-payment, if needed.
- List of all medicines, including prescription and over the counter medicines, and any vitamin or herbal products you are taking.
- List of your allergies.
- List of medical conditions and previous surgeries.
- Copy of your advanced directive, such as a living will or power of attorney.
- Small bag with your essential items. Your labor partner may bring items such as the car seat, going home clothes for you and the baby, and other things for the Postpartum Unit.

## Care before your surgery

- You will be placed on a fetal monitor to monitor your baby's heart rate before surgery.
- Your nurse will start an intravenous catheter (IV) for needed fluids and will draw your blood for a blood test. The blood test results can take up to 2 hours or more.  
This is why it is important that you arrive at the hospital 2½ hours ahead of time.

- Your nurse will remove any hair from your belly, and then wash your belly with a soft cloth that disinfects (takes away germs) your skin.
- The anesthesia team will meet with you to talk about the procedure and how best to manage your pain.
- When you are ready for surgery and your surgical team has reviewed your blood test results, you will be moved into the operating room for your baby to be delivered.

## During and after surgery

- The surgery may be done while you are awake but your belly is numb. This lets you be awake for the birth of your baby. Less often, women need general anesthesia. This means you are asleep during the surgery.
- You can have 1 support person in the operating room with you. Staff will assist your support person with putting on the needed clothing and with coming into the operating room.
- Once surgery is over, you will spend time in the recovery room where your blood pressure, heart rate, breathing, and temperature will be monitored.
- If your baby is doing well, he or she can stay with you for a period of time. You will then be moved to your postpartum room after your recovery period is over.

## Visitors

- Only your labor support person may be in the pre-surgery or surgery areas. Other family members need to stay in the waiting areas of the hospital.
- Only 1 visitor at a time is allowed to see you in the recovery area, but more visitors are allowed after you are moved to the postpartum unit.
- Only 1 adult (over 18) visitor is allowed overnight during your hospital stay.
- Visitor policies may change based on patient health and safety needs.

## Getting to Labor and Delivery

### University Hospital

520 W. 10th Ave.  
Columbus, OH 43210

You can plan your route to the hospital by visiting [go.osu.edu/labor\\_delivery](https://go.osu.edu/labor_delivery).

When you arrive at the hospital, you will have the option to valet park at our front entrance or self-park in the adjoining Wexner Medical Center Garage at 527 W. 10th Ave. Our main entrance is open 24/7 for drop-off or valet service and is the most convenient entrance for labor and delivery. If you choose to self-park in the adjoining parking garage, park on the fourth floor and enter the hospital by the bridge connector to the second-floor hospital lobby.

When you enter the hospital lobby at the ground level or on the second floor from the parking garage, a patient representative will direct you to the elevators to Labor and Delivery on floor 23.

---

This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.