



Preparation for your Elective Caesarean Section

Information for Women with Diabetes or Gestational Diabetes

During the week prior to your Caesarean Section, you will receive a telephone call to confirm the date of your operation and to give you an appointment for a Covid-19 test, normally **3 days before your operation**, at the drive through test centre at Great Western Hospital. Please ensure you self-isolate following this test, along with the rest of your household.

You will also have a telephone appointment with an anaesthetist on the Friday afternoon of the week preceding your operation. During this appointment you will have the opportunity to talk with an anaesthetist and a midwife and ask any questions you may have about what to expect on the day of your operation.

For information about the pain relief used during a Caesarean Section, you can visit www.labourpains.com, where you will be able to watch a video. In addition, you may have received a leaflet regarding anaesthesia when your Caesarean Section was booked.

Before your operation, please ensure you:

- **Collect your medication:**
You should have been given a prescription for your premedication when your Caesarean Section was booked. This can be collected from Boots pharmacy at the Great Western Hospital.
- **Attend for a Blood Test:**
Please come to the Day Assessment Unit (DAU) **2 days prior to your operation** to have an up-to-date blood test taken (you may have been given blood forms when your Caesarean Section was booked - if so, please bring these along).
- Have a bath or shower before you come in for your Caesarean Section.
Please do not remove any pubic hair using a razor, as this can sometimes result in small cuts and therefore increase the risk of infection. If necessary, we can use clippers to remove pubic hair when you are admitted to hospital.
- Please remove any nail varnish on at least one finger, as this allows us to monitor the colour of the nail bed, which is an important indicator of blood circulation.
- Jewellery should ideally be left at home. If necessary, wedding rings can be



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- worn, but they will be covered with surgical tape prior to your operation.
- You can eat and drink normally until midnight on the night before your operation. **Drink only water from midnight until 6.30am, and nothing by mouth from then on.**

Please arrive at the Delivery Suite on the day of your operation at 7.00am.

Currently, only one birth partner is permitted. They should come prepared to remain with you for the duration of your stay on Delivery Suite, as they will not be able to come and go.

Depending on your medication, we may need to commence an intravenous infusion which contains both glucose and insulin prior to your operation. We will need to check your blood sugar level hourly and the drip can be adjusted by staff to ensure it remains stable.

You will be encouraged to feed your baby as soon as possible after the birth, in order to keep his or her blood sugar levels stable. Staff will need to check your baby's blood sugar via a heel prick, initially prior to his or her second feed.

A few hours after the birth of your baby, you will be moved to a 4-bed bay on Hazel Ward, our postnatal ward. If you would like to pay for a single room with a bathroom on Hazel Ward, please inform the Ward Clerk on arrival in Delivery Suite.

If you have any questions – Please ask.

Day Assessment Unit	01793 604825 (7.30am-8.15pm, 7 days a week)
Delivery Suite	01793 604575 (24 hours a day, 7 days a week)

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

Division: Surgery Womens & Childrens
Department: Maternity
Approved Date: 18 March 2021
Next Review Date: April 2024
Document Number: SW&C - PIL0020