



## Preparation for your Elective Caesarean Section

Information for Women with Diabetes or Gestational Diabetes needing to be admitted to Hazel Ward prior to the date of their Caesarean Section

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 GWH. 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](http://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.

Prior to coming 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 worn, but they will be covered with surgical tape prior to your operation.

**Please come to Hazel Ward**

**At** .....

**On** .....

During your stay we will need to give you some steroid injections and take some up-to-date blood tests. You will be given some premedication to take on the evening before and the morning of your operation. We may also need to remove some of your pubic hair, using clippers, in preparation for your operation. Please do not remove any pubic hair using a razor prior to coming into hospital, as this can sometimes result in small cuts and therefore increase the risk of infection.



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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.**

On the day of your Caesarean Section, staff will aim to transfer you to Delivery Suite at about 7am, and your birth partner can join you at this time.

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. If you would prefer to pay for a single room with a bathroom following the birth of your baby, please inform the Ward Clerk on Hazel Ward during your stay.

If you have any questions – Please ask.

Day Assessment Unit	01793 604825 (7.30am-8.15pm, 7 days a week)
Hazel Ward	01793 604833 (24 hours a day, 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](mailto:gwh.pals@nhs.net)**

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