

Preparing for Your Scheduled Cesarean Section

■ Missouri Baptist Medical Center





Congratulations on your upcoming arrival. We look forward to caring for you and helping you welcome your baby. This guide will help you prepare for your scheduled cesarean section (C-section) and understand what to expect before, during, and after your delivery.

Before your scheduled C-section

**Within 30 days of your expected
delivery date:**

- Call 314-747-5050 to preregister. Please call Monday–Friday, 8 a.m.–6 p.m.

**About 2 days before your
expected delivery date:**

- A nurse will call you to review your preadmission instructions.



Scan the QR code for
additional maternity
information and resources.

Hair removal

Do not shave, wax, or use hair-removal creams during the week before your scheduled procedure.

Shower and CHG cloths

The night before your scheduled delivery:

- Shower with antibacterial soap.
- Use the Sage 2% chlorhexidine gluconate (CHG) cloths as explained later in this guide.
- Use a clean towel.
- Put on clean pajamas.
- Sleep on clean bedding.

Eating and drinking

Follow these instructions unless your care team advises otherwise:

- You may eat until 8 hours before your scheduled C-section.
- You may drink water until 2 hours before your scheduled C-section.
- If you do not have diabetes, you are encouraged to drink up to 16 ounces of a clear carbohydrate beverage 2 hours before surgery. Options include Gatorade™ or pulp-free apple juice. If you do have diabetes, ask your care team how to prepare.

Medications

Ask your physician for instructions about taking your regular prescription medications on the day of your C-section.

Makeup, jewelry, and contacts

- Do not wear makeup, nail polish, or jewelry.
- Remove all piercings.
- If you wear contact lenses, wear your glasses to the hospital and bring your contacts and supplies with you.

Missouri Baptist Medical Center

BJC HealthCare

Campus Map

3005, 3009, 3015, 2023 N. Ballas Road • St. Louis, MO 63131

314-996-5000 • MissouriBaptist.org



When to arrive

Arrive 2 hours and 30 minutes before your scheduled delivery.

Designated parking spaces for expectant parents are available on the first level of the Building D, North Entry, parking garage.

From the parking garage:

1. Take the garage elevators to the lobby.
2. Cross the lobby.
3. Take the elevators to Floor 3.
4. Go to Labor and Delivery.

Registration staff will greet you, and a nurse will escort you to your room.

Preparing for your delivery

Your labor and delivery nurse will begin your admission history and assessment. Your care team will then help prepare you for delivery.

Preparations will include:

- Completing another treatment with Sage 2% CHG cloths
- Clipping the hair from just below your belly button to your pubic area
- Starting an IV
- Drawing blood for lab work
- Giving you medications before surgery
- Meeting with an anesthesia provider to discuss your anesthesia options
- Meeting a registered nurse first assistant, who will greet you and answer your questions
- Placing a surgical hat over your hair before you enter the operating room

Your birth partner will change into operating room attire before entering the operating room suite. They will also receive a surgical hat, mask, and shoe covers.

What to expect in the operating room

C-sections are usually performed using spinal anesthesia, which allows you to be awake for your baby's birth.

Once you are in the operating room:

- Your anesthesia provider will give you spinal anesthesia.
- After the anesthesia begins working, a catheter will be placed to drain urine from your bladder.
- Compression boots will be placed on your legs to help prevent blood clots. Continue using them whenever you are in bed during your hospital stay, including while you sleep.
- Your care team will prepare your abdomen for delivery.

The procedure typically takes about 1 hour.

After your baby is born

Skin-to-skin contact during the first hour after birth is recommended. It can help your baby regulate body temperature and glucose levels, support feeding, and give you time to bond.

During recovery, your care team will:

- Help you begin your baby's first feeding
- Closely monitor you and your baby

Family and friends may visit during your recovery period. After recovery, you and your baby will move to the Mother Baby Unit for the remainder of your stay.



How to Use Sage 2% CHG Cloths

Instructions for pre-arrival, labor and delivery, and postpartum care

Your care team has asked you to use Sage 2% chlorhexidine gluconate (CHG) cloths as part of your care before and after your delivery. These rinse-free antiseptic washcloths reduce the number of germs on your skin, which helps prevent infection. Use all six cloths. Each cloth is intended for a specific area of your body.



How to use the cloths

For each treatment area:

1. Thoroughly wipe the skin back and forth, making sure the entire area is wet.
2. Let your skin air dry for 1 minute.
3. Do not rinse your skin or dry it with a towel.

Throw each used cloth in the trash. Do not flush the cloths down the toilet.

It is normal for your skin to feel tacky or sticky for a few minutes after you use the cloths. This feeling is caused by the aloe vera and antiseptic in the product.

Do not use the cloths on:

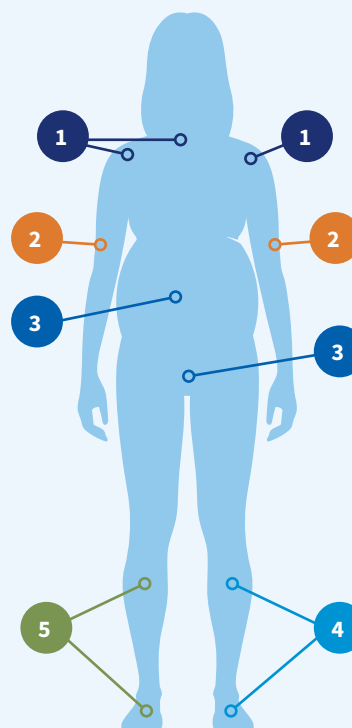
- ✗ Your face, eyes, ears, or mouth
- ✗ Your breasts or nipples
- ✗ Internal genital areas or other mucous membranes
- ✗ Open wounds or broken skin
- ✗ Your incision after surgery

Where to use each cloth

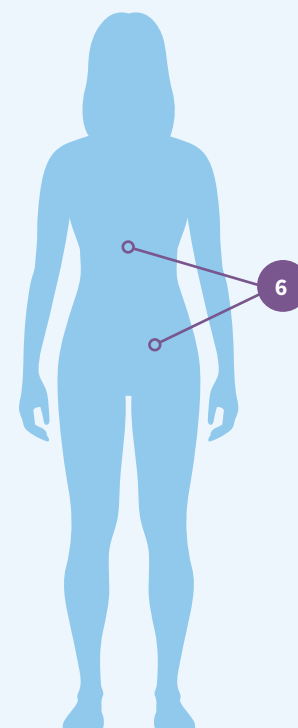
Use all six cloths as directed:

- Cloth 1**
Neck and shoulders
Avoid your breasts and nipples.
- Cloth 2**
Both arms
Start at your shoulders and work toward your fingertips.
- Cloth 3**
Abdomen and groin
Clean the skin folds, but do not use the cloth on internal genital areas.
- Cloth 4**
Right leg and foot
- Cloth 5**
Left leg and foot
- Cloth 6**
Back and buttocks
Do not use the cloth between the buttocks.

FRONT



BACK



■ **Questions about your
scheduled C-section?**

Missouri Baptist Medical Center
Labor and Delivery
314-996-7514

Missouri Baptist Medical Center
 **HealthCare**