

Bump & Beyond

Preparation for Scheduled C-Section

When Do I Schedule My C-section?

Many planned c-sections happen at 39 weeks. Your provider may schedule it earlier if needed. Your provider will help you pick a date and time for your C-section.

Pre-Procedure Clinic

You will have a clinic visit before your scheduled C-section.

- You will get a special drink and soap to use before surgery.
- The nurse or provider will explain what to expect.
- You will have some blood tests.

Eating and Drinking Before Surgery

- Eat and drink normally the day and evening before.
- After midnight, do not eat anything.
- Drink half of the special drink before bed. Drink the other half in the morning at least two hours before surgery.
- Take only approved medicines with a sip of water.

Showering Before Surgery

- You will get a special soap. Use it the night before and the morning of surgery.

Birth Plan for Your C-section

Talk to your provider about what matters most to you. You may be able to choose:

- Who is with you in the operating room
- What type of pain medicine you get
- Playing music
- Asking the team to talk to you or stay quiet
- Lowering the curtain to see your baby
- Who announces the baby's sex
- Delayed cord clamping, if safe
- Support person trimming the cord
- Skin-to-skin with your baby (you or your support person)
- What to do with the placenta
- How you want to feed your baby (breast, donor milk, formula)
- Birth control options after delivery



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The Morning of Surgery

- Go to Labor and Delivery on the 4th floor of the Yawkey Building.
- Arrive two hours before your scheduled surgery time.

At the hospital:

- You and your support people will check in and get ID bracelets.
- Bring something to read or watch while you are waiting to go to the operating room.
- The team will ask questions and check your health.
- Your baby's heartbeat will be checked.
- You will get an IV for medicine.
- You will go to the operating room for anesthesia (pain medicine).
- Your support person can join once surgery begins.

Search for these other helpful articles on Bump & Beyond:

[Having a C-Section](#)

[Healing After a C-Section](#)

[Your Hospital Packing List for Your Big Day](#)

[Labor & Delivery Frequently Asked Questions](#)



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