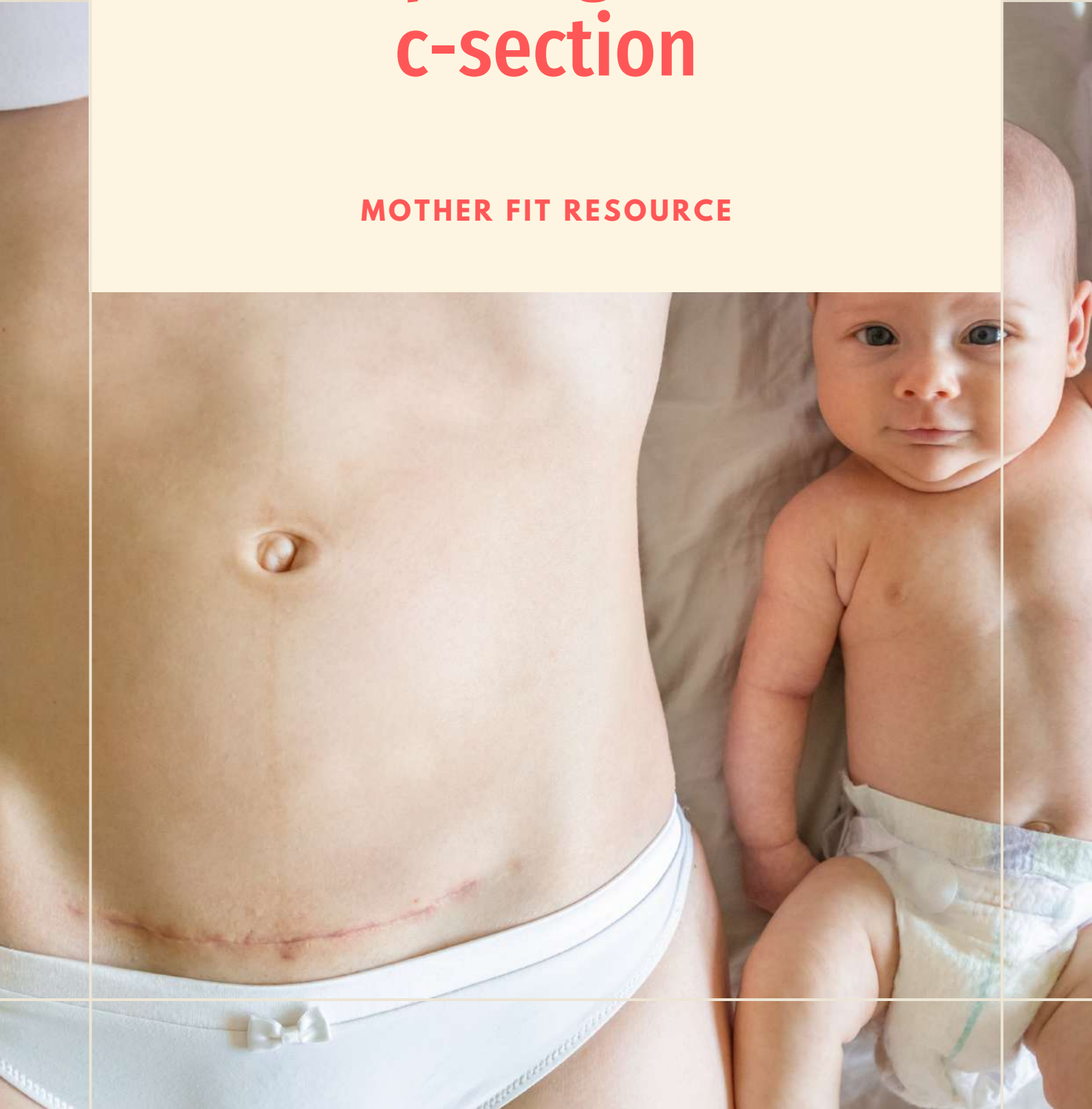


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Preparing for a c-section

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How to prepare for your c-section

You may want to plan ahead in case you need a c-section or if you know you'll be having one. Thinking about what you'd like to happen during and after the birth can help to make things easier later on.



Your c-section birth plan

- You can use your birth plan to write down anything that is important to you about your pregnancy and the birth. Your healthcare team will try to meet your wishes where possible. Your midwife can help you think about what you would like, for example: who you would like to have with you at the birth
- taking music to play during the birth
- taking a camera – ask your midwife if you can take pictures in the operating theatre
- asking for the screen to be lowered so you can see your baby being born – if you don't want to have a screen, speak to your doctor to find out if this will be possible
- asking for silence during the birth so that your voice is the first your baby hears
- making sure your healthcare team practises delayed or optimal cord clamping to increase the amount of blood your baby gets from the placenta
- skin-to-skin contact with your baby in theatre or skin-to-skin contact between your baby and your birth partner.

Getting ready at home

A c-section is a major operation and you will need time to recover. This can take about 6 weeks but may take longer.

If possible, ask friends and family for help when you come home from hospital. Ideally, you should have someone to help you at home day and night for at least the first 2 weeks.

If you have older children, prepare them for what they can expect when you come home. You won't be able to pick them up but they can climb gently on to your lap while you're sitting on the sofa, or they could cuddle up next to you.



source: <https://www.tommys.org/pregnancy-information/giving-birth/caesarean-section/how-prepare-your-c-section>

