

Patient Education | Pregnancy

Enhanced Recovery Pathway for Cesarean Delivery Checklist

Before your surgery day

Clinic visit

- ☐ Meet with your obstetric (OB) clinician and discuss the Enhanced Recovery Pathway.
- ☐ Call your OB clinician's office with any questions.

2 days before your scheduled delivery

- ☐ Eat a high-carbohydrate diet as instructed by your physician.

Day before surgery

- ☐ We will call you to remind you of what steps to take. If you do not receive a call by 7 pm the day before your surgery, please call to confirm your arrival time for the next day.

Night before surgery

- ☐ Drink 20 ounces of Gatorade®, Ensure Pre-Surgery, BODYARMOR Sports Drink® or an electrolyte sports drink. If you have diabetes, drink a low-sugar electrolyte/sports drink such as G2® Lower Sugar Gatorade or BODYARMOR Zero Sugar Sports Drink®.
- ☐ Stop eating solid foods 6 hours before your hospital arrival time.
- ☐ Shower and clean well with soap. Use chlorhexidine gluconate (CHG) soap if your clinician tells you to.

Surgery day

Arrive at the hospital at ____ am/pm

You may eat food up until ____ am/pm

You may drink clear liquids up until ____ am/pm

Clear liquids include water, broth, apple juice and coffee or tea without milk/creamer.

Before you leave home

- › Remove all jewelry and piercings.
- › Leave valuables, jewelry and medications at home.
- › Shower or bathe if you have time. Use CHG soap if your clinician tells you to.
- › Bring 2 packages of sugarless gum to the hospital.

2 hours before your scheduled arrival time

- › Drink 8 ounces of Gatorade, Ensure Pre-Surgery, BODYARMOR Sports Drink or an electrolyte sports drink. If you have diabetes, drink a low-sugar electrolyte/sports drink such as G2 Lower Sugar Gatorade or BODYARMOR Zero Sugar Sports Drink.
- › Take your usual medications as directed by your physician. Take them with the Gatorade.
- › **After this time, do not eat or drink anything.**

At the hospital

- › Check in at your assigned time. Please arrive on time. The OB Triage Registration Desk is located on the 1st floor.

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