Cesarean Delivery: Enhanced Recovery Pathway Plan
How to prepare

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 or a clear sports drink alternative. If you have diabetes, drink G2® Lower Sugar Gatorade or a low-sugar sports drink alternative.
☐ 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 or a clear sports drink alternative. If you have diabetes, drink G2 Lower Sugar Gatorade or a low-sugar sports drink alternative.
- 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 first floor.

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