

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.

Northwestern Medicine Prentice Women's Hospital

250 East Superior Street

Chicago, Illinois 60611

312.472.2012

TTY: 711