



Women's Health Maternity Services

**Caesarean birth information for women transferring
their care from University College London Hospital**



Welcome to the Whittington Health Maternity Department

What happens when you transfer your Lower Segment Caesarean Section

A secure email will be sent from UCLH to Whittington health. Whittington Health will confirm the availability of a date for your elective Caesarean Birth.

Once this date is confirmed, you will be contacted by UCLH and advised that your care is being transferred.

If you accept transfer, the Whittington will arrange a booking appointment and blood tests. At your final antenatal visit at UCLH, the midwife in ANC will confirm the date of your booking appointment at the Whittington. Transfer of your care will be documented on your hospital computer records.

Once the booking has taken place all subsequent care will be transferred to the Whittington and you will no longer have any further appointments at UCLH.

If you go into labour, you will attend Whittington Health for either a vaginal delivery or Caesarean Birth.

What is enhanced recovery?

You will be given an appointment to attend the Enhanced Recovery Clinic, held on Wednesday morning / Thursday afternoon, Kenwood Wing, Floor 5.

This is a care programme that will help you to recover from your operation and regain your independence as quickly as possible. There is research-based evidence that early mobilisation, eating, drinking, exercise and good pain control, leads to a quicker recovery. The aim is to help you recover more quickly from your operation and therefore leave hospital sooner.

Blood test appointment

- Before you come into hospital we will arrange for certain blood tests to be done at the antenatal clinic.
- You will have a blood test to check that you are not anaemic, to recheck your blood group and any antibodies.
- You will have swabs taken from your nose and groin to check for MRSA.

Eating and drinking

Prior to your operation, although there is a brief period where no food is eaten, it is important that you only stop eating and drinking according to the instructions below.

For morning surgery: You should not have anything to eat from 2am. We would suggest that you have a late evening snack and drink before going to bed. Take your Ranitidine tablet at 6am with a whole large glass of water or a mug of black tea/coffee + 2 tsp. of sugar if you wish.

For afternoon surgery: You should have a light breakfast, tea and toast or a small bowl of cereal at 7am. Drink a whole large glass of water or a mug of black tea/coffee + 2 tsp. of sugar with the Ranitidine tablet at 11am.

On the day of your Caesarean Birth

- Have a shower before coming into hospital.
- Take off any makeup, fragrances, nail polish, false nails, and body jewellery.
- Do not apply henna to finger nails before surgery.
- Don't use any talcum powder as it can increase the risk of internal scar tissue forming.
- Please leave all valuables and jewellery at home, however if you have a wedding ring this will be covered with tape.

Please come to the Labour Ward Reception, Level 3 Kenwood wing, at the time stated on your letter (i.e. **by 7am for morning surgery and by 12 noon for afternoon surgery**). You will be met by a midwife or staff nurse who will escort you and your partner to main theatre where you will be prepared for surgery.

Only your partner will be allowed to be with you until you are transferred to the Postnatal Ward. Until this transfer, we kindly request that both of you stay within the theatre complex.

Ward information

Following your surgery you will be admitted to Elizabeth Cellier postnatal ward, level 4. Staff members will advise you of the ward layout.

You will be admitted with your baby, who will be with you at all times. You may have your partner or a chosen companion to stay with you overnight, to help you and the baby. A recliner chair is available by each bed. Your partner or companion must agree to the terms and conditions for staying overnight and sign a form. He/she must also sign the fire register in case an evacuation is needed.

On the ward, your care will be provided mainly by midwives, doctors, paediatricians and additional support is given by nursery nurses, infant feeding co-ordinators, peer breast feeding supporters and health care assistants. All staff should have a name badge displayed and introduce themselves to you.

Before discharge your baby will be offered the BCG vaccination, to prevent against Tuberculosis, and also the new-born hearing screening test.

Visiting

You may have only two visitors with you at any one time **between 3pm and 7pm**. If there are too many visitors we will ask that they take turns or leave. If your visitors are unwell, please ask them not to visit. Only your own child/children may visit. Visitors are restricted to ensure that you and your baby get adequate rest and also to reduce the risk of infection.

Please ensure that all your visitors wash their hands and use the hand gel on entering and leaving the ward. There is a visitor's toilet on the ward which is also for partners use.

Meal times

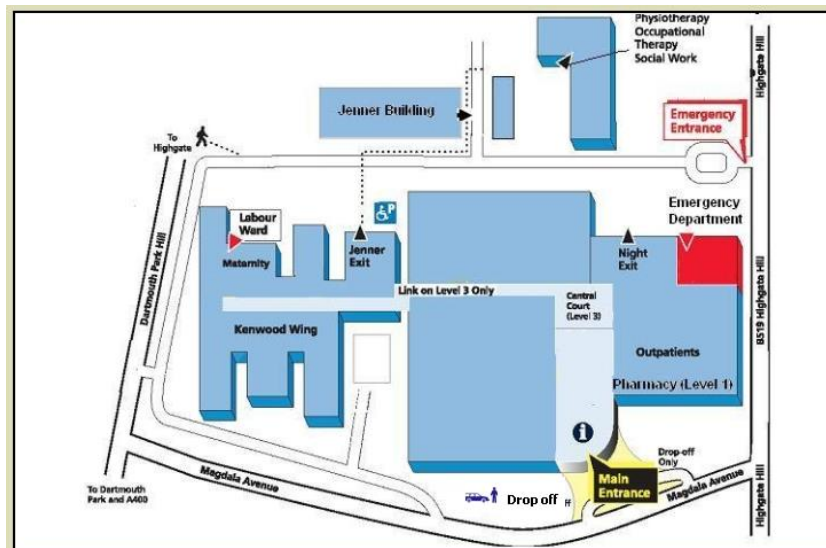
You will be given breakfast, lunch and supper during your stay in hospital. Coffee/tea is available from the drinks trolley. Meal times are protected and we request that you have no other visitors during these times:

- Breakfast time 8am to 9am
- Lunch time 12.30pm to 1.30pm
- Supper time 6pm to 7pm

We look forward to meeting you and we hope you have an enjoyable experience with us.

We invite you to take part in our friends and family survey before you leave the ward.





If you have any further questions contact:

Antenatal clinic - 020 7288 5249

Theatre team Leader – Sandra James, sandra.james3@nhs.net 020 7288 5502

Labour Ward Lead Midwife – Jane Laking, j.laking@nhs.net 020 7288 5709

Main address: Kenwood Wing, Whittington Hospital, Magdala Avenue, London N19 5NF

020 7288 3482

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

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