

Patient Name: \_\_\_\_\_ Surgeon \_\_\_\_\_ Surgery Date: \_\_\_\_\_  
Length of surgery: \_\_\_\_\_ hour(s) Preop Office Phone: (530) 543-5528

**Preoperative Instructions Before Your C-section:**

- Read and follow surgeon and facility instructions.
- If you have access to the internet, find more information at: [www.bartonhealth.org](http://www.bartonhealth.org) & [www.stamg.org](http://www.stamg.org)
- Make arrangements for child care and driving. You will not be able to drive while on pain medication.
- Obtain items needed for after surgery. (slippers, robe, nursing bra, car seat, camera)
- Obtain all preoperative lab testing for surgery within 72 hours of surgery.
- Hold using medications that can make you bleed for 7 days. (Aspirin, Ibuprofen, Fish oil and Vitamin E). If you are taking prescription blood thinners (e.g. heparin, lovenox), contact your prescribing physician for instructions 7 days before your surgery.
- For specific questions call Obstetrical Department: (530) 543-5547

**Night before Surgery:**

- Stay well hydrated the day before your procedure.
- Eat a regular meal unless otherwise directed by your surgeon.
- Nothing to eat or drink after 11pm.
- Nothing to eat or drink for 8 hours before your surgery. This includes no water, mints, gum, coffee. If you forget and swallow something your surgery may be cancelled or delayed for 8 hours.
- Pack the items you will bring to the surgical facility; overnight bag, car seat, and baby blanket/outfit for ride home.
- Camera, video equipment will not be allowed during surgical procedure but fine once baby is born.
- Bring loose comfortable clothing to wear home.
- Remove all jewelry and piercings. Do not bring valuables except co-pay/deductible & insurance cards as instructed. You may need to purchase postoperative prescriptions.
- Shower the night before or morning of surgery.
- Do not shave or remove any hair at or near the surgical site. Do not mark the skin at the surgical site.
- You may wish to bring a portable cordless music device to listen to before and/or after delivery.

**Day of Surgery:**

- Arrival time to Barton Health  front lobby surgical check-in desk  emergency desk is: \_\_\_\_\_.
- You will then be escorted to the Obstetrical Department to prepare for surgery. Phone (530) 543-5547
- Person who will accompany you for delivery: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Preop Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

PATIENT IDENTIFICATION

**BARTON MEMORIAL HOSPITAL  
PRE-ADMISSION C-SECTION  
PATIENT INSTRUCTIONS**

8/30/12

B045 / 7420-E201

69

8-30-12

Since this is something the patient signs, we have set in at least 12 point font. For the future, does this need to remain in 12 point?

Changed the "hours" to be consistent. Is this okay?

Is the first line of text under "Day of Surgery" correct?

This was not on the system and was set complete. Is this correct?

### File Specification Information

Document Size 8.5 x11	Gripper / Lock-Up All	Stub N	Imprint N
Punch T5	Numbering N	Binding N	Registering Plys N
Screens N	Backer(s) and Percentage N		
Color(s) Blk			
File Information / Master Page  12 point at least  Other			