



*Alta Bates Summit
Medical Center*

A Sutter Health Affiliate

Information about Scheduled Cesarean Sections

There are many reasons why your doctor will schedule you for a Cesarean delivery. An advantage to a scheduled cesarean is that you will know the day your baby will be born and make plans with your family.

While occasionally an emergency may arise in the Labor and Delivery suite that will force a delay in scheduled cases. We make every effort to start your delivery on time. You can help by observing the following:

- You need to come to Labor and Delivery 2 hours prior to your scheduled surgery. For example, if your surgery is scheduled for 7:30AM, then you need to arrive in Labor and Delivery no later than 5:30AM. This provides the needed time for staff to complete the admission paperwork, any necessary blood draws and consent forms for your surgery and hospital stay. During this time you will also meet with the anesthesiologist who will attend your surgery.
- Do not eat or drink anything for at least 8 hours prior to surgery. For example, if your surgery is scheduled for 7:30AM, then you should not eat or drink anything after 11:30PM the prior night.
- Be sure you are preregistered at the hospital. This can be done on-line at www.altabatessummit.org or by mail. If you need more information about preregistration, please check with your doctor's or midwife's office.

A nurse from Labor and Delivery will make every effort to call you the evening prior to your scheduled delivery to remind you about these instructions and to answer any questions you might have. You may also call Labor and Delivery at (510) 204-1572 if you have any questions about the process.

We are happy to be participating in your delivery, and look forward to making this a very special birthday for your baby.