



Enhanced Recovery After Surgery

(ERAS): Cesarean Section

Welcome to Salinas Valley Health! We are excited to be a part of your birth experience. ERAS is a program that helps you heal faster, have more control over your pain, and go home sooner. This handout provides information on what to expect before your cesarean section and during your medical center stay. These are general guidelines that can be tailored to meet your specific needs.

Before Coming to the Medical Center

- Follow the instructions provided at your pre-surgery appointment for cleansing your skin using the wipes.
- Follow these diet guidelines:
 - Eat as usual until 8 hours before surgery.
 - You may drink water until 3 hours before surgery.
 - 3 hours before surgery, drink the pre-surgery clear carbohydrate drink provided at your pre-surgery appointment (non-diabetic patients only). You must complete this 3 hours before your surgery, then **NO MORE LIQUIDS**.

For example, if your c-section is scheduled to start at 9:30am, you must finish this drink by 6:30am.

8 HOURS

Eat as
Usual



3 HOURS

Water & Clear
Carbohydrate
Drink



**LESS THAN
3 HOURS**

No Food
or Drinks



SURGERY TIME

When You Arrive at the Medical Center

- You will receive IV fluids to hydrate you before surgery.
- We will do our best to keep you warm before surgery with warm IV fluids and warm blankets. If you feel cold, please let your nurse know.
- You will receive medication to help reduce stomach acid in case you get nauseous after surgery.

In the Recovery Room

- We will monitor you and your baby closely for the first 2 hours after surgery.
- If you have pain that is not controlled, let your nurse know.
- You will be given sugar-free chewing gum to help your bowels “wake up” after surgery.
- If you are not nauseous, you will be able to have ice chips and clear liquids.

In the Postpartum Unit

- We have a plan to stay ahead of your pain! You will receive pain medication on a regular schedule. We try to limit the amount of narcotics, but if you have pain that is not controlled, please let your nurse know.
- You will be encouraged to continue chewing gum every 2–4 hours until you pass gas.
- If you don't have any nausea, you may start eating a regular diet within 2 hours after surgery.
- Within 6 hours after surgery, a member of your care team will help you sit at the side of the bed and dangle your feet.
- Within 8 hours after surgery, a member of your care team will assist you in walking to the bathroom. For your safety, someone from the care team must be with you the first time you're out of bed and until you can safely walk to the bathroom on your own.
- The catheter (small tube) in your bladder will be removed 8–12 hours after surgery, once you are able to walk to the bathroom.
- After 24 hours of recovery, your goal is to walk around three or four times per day (with assistance if needed).