

Caesareans and your support person



There are many medical reasons why a caesarean may be necessary and your doctor or midwife will discuss these reasons with you.

If you have a spinal anaesthetic that lets you stay awake, your support person will be able to be with you for the caesarean.

You will only be allowed one support person in the operating theatre and they will not be able to come and go from the operating theatre or recovery.

Your support person may be asked to leave the operating theatre at any time and the reason will be explained if this is necessary.

Your support person will be able to bring a camera or phone into the operating theatre but they are not allowed to make any phone calls or take any photos or videos of the operation, staff members or other patients.

Before your caesarean

A staff member will ask your support person to change into clothing suitable for the operating theatre and will direct them to the operating theatre once you have been prepped.

If your support person is feeling faint or dizzy, please ask them to let us know.

Only a small bag can be left in the birth unit. Your bag will be transferred to the postnatal ward or your support person will be asked to collect it. **Please leave your valuables at home.**

To make sure everything remains sterile, please ask your support person not touch anything below the blue drape.

After the caesarean

You will be encouraged to have skin-to-skin contact with your baby in the operating theatre after the birth of your baby.

If you'd like, your support person can also have skin-to-skin contact with your baby.



After your baby is born

Your support person will either:

- Go to recovery with you where you will be encouraged to continue skin-to-skin contact and feed your baby. Once you are stable, you and your support person will then go to the postnatal ward.
- Go to the postnatal ward. If your partner is present, they will be encouraged to provide skin-to-skin contact. We recommend that **ONLY** your support person/partner hold your baby until you can cuddle them on your return to the ward.
- Go with the baby and midwife, to the Neonatal Intensive Care unit, if the baby needs support.

If you are separated from your support person, you will be able to meet up again on admission to the postnatal ward. This is usually about two hours after the birth of your baby.

Skin-to-skin contact

Your baby should always:

- Have their nose free to breathe
- Have easy, regular breathing
- Have pink lips
- Have good muscle tone (not floppy)

