



# Planning your elective caesarean



**A caesarean section is an operation where a doctor makes a cut in your abdomen (above your bikini line) and womb and lifts your baby out through it.**

Elective caesareans are performed at Blue Mountains District ANZAC Memorial Hospital and Nepean Hospital.

Once a date has been set, we will confirm the date, time and hospital selected for your caesarean by confirmation letter. We will also let you know when you need to fast (not eat or drink) from.

## Your baby's movements

As you get closer to birth (after 36 weeks gestation), there is less room for your baby to move, which can cause you to notice slight changes to the type of movements. Women often describe more rolling, squirming and pressing movements that are more forceful at this time, but the strength and frequency of movements should not change.

If you are concerned about how often your baby is moving or the strength of your baby's movements, contact your doctor or midwife immediately.

## Blue Mountains Hospital

Your accommodation will be in a single room. You will usually stay in hospital for two to three days after your caesarean. Staff will arrange follow up for you with either the Midwifery@Home service or another appropriate service.

There is parking behind the hospital as well as street parking. Parking is free of charge.

## Nepean Hospital

Your accommodation will be in a shared room. You will usually stay in hospital for two to three days after your caesarean. Staff will arrange follow up for you with either the Midwifery@Home service or another appropriate service.

Fees are charged for parking on the hospital grounds. If you are parking on the street, please be aware of parking restrictions.

Your bags must be left in the car. Your partner or support person can take your bags to the Postnatal Ward once your baby arrives.

## Birth Unit Contact Information

**Blue Mountains**  
(02) 4784 6572

**Nepean**  
(02) 4734 2295 or (02) 4734 2294