



Caesarean surgery 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. If you need to be asleep during surgery your support person will be asked to wait outside the Operating Theatre or in the Birth Unit, depending on the circumstances.

Due to limited space in the Operating Theatre we allow one support person to stay with you during your caesarean section. A midwife will also be there with you.

Your support person will need to wear theatre clothes, including a hat and shoe covers. They may take photos, under the guidance of theatre staff, with either their phone or a camera. Photos or videos of the operation, staff members or other patients is not permitted. Phone calls are also not allowed in the operating theatre.

Please ask your support person not to touch anything below the blue drape to make sure everything remains sterile.

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.**

Although elective caesareans are booked ahead of time, they can be delayed. An emergency caesarean will always take priority.

Once your baby is born, a midwife will be available in the Recovery Unit to stay with you and your baby, where possible. This will allow you to have immediate skin-to-skin contact with your baby. Your support person will need to remain with you in the Recovery Unit and will be unable to re-enter the Unit if they leave.

The midwife is responsible for your baby in the Recovery Unit. If at any time the midwife has to leave, your support person and baby will have to leave as well. If a midwife is not available, your support person will accompany your baby up to the Postnatal Ward. If this happens, we suggest that your support person be the only one to hold your baby until you are transferred to the Postnatal Ward.

If your baby needs to be transferred to the Neonatal Intensive Care/Special Care Unit your support person and the midwife will go with the baby.



To avoid long waiting periods for friends, siblings and other family members we recommend that they stay at home until you contact them. The best time for visitors is after the birth, when mum and baby are stable and happy to have visitors.



Birth Unit Contact Information

Blue Mountains (02)4784 6572 Lithgow (02)6350 2324 Nepean (02)4734 2295 or (02) 4734 2294