

# Cesarean Delivery: Enhanced Recovery Pathway Plan

## How to prepare

### Before your surgery day

#### Clinic visit

- Meet with your obstetric (OB) provider and discuss the Enhanced Recovery Pathway

#### 2 days before your scheduled delivery

- Eat a high-carbohydrate diet as instructed by your physician (ex: Pasta, waffle, cereal, bagel, baked potato, rice, etc).

#### Day before surgery

- You will receive a call from the hospital to remind you of the necessary steps to take. If you do not receive this call by 7 pm the evening before your scheduled surgery, please call to confirm your arrival time for the next day.

#### Night before surgery

- Drink 20 ounces of Gatorade®, Ensure Pre-Surgery OR a clear sports drink alternative. If you have diabetes, drink G2® Lower Sugar Gatorade or a low-sugar sports drink alternative.
- Stop eating solid foods 6 hours before your scheduled hospital arrival time (8hs before scheduled surgery time).
- Shower, cleaning thoroughly with soap. Optional: You may use chlorhexidine gluconate (CHG) soap (available over the counter at any local pharmacy). Do not use on face.

### Surgery day

**Plan to arrive at the hospital at \_\_\_\_\_ am/pm**  
**You may eat food up until \_\_\_\_\_ am/pm**  
**You may drink clear liquids up until \_\_\_\_\_ am/pm**  
*Clear liquids include water, broth, apple juice, and coffee or tea without milk/creamer*

#### Before you leave home

- Remove all jewelry and piercings. Leave valuables, jewelry and medications at home.
- Shower or bathe if you have time. Optional: may use chlorhexidine gluconate (CHG) soap available at local pharmacy
- Bring 2 packages of your favorite sugarless gum to the hospital.

#### 2 hours before your scheduled hospital arrival time (4 hours prior to scheduled surgery)

- Drink 8 ounces of Gatorade, Ensure Pre-Surgery or a clear sports drink alternative. If you have diabetes, drink G2 Lower Sugar Gatorade or a low-sugar sports drink alternative.
- Take your usual daily medications as directed by your physician. Take them with the Gatorade. After this time, do not eat or drink anything.

#### At the hospital

- Check in at your assigned time; please arrive on time. Ob Triage Registration Desk is located on the first floor.

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