



Your important health information

Enhanced recovery after caesarean section

You are on the enhanced recovery after surgery (ERAS) programme for your planned caesarean section. Enhanced recovery after caesarean is evidence based care that aims to help you recover after your caesarean and be independent sooner.

Your care plan focuses on eating, drinking, moving and keeping your pain under control.

What you can expect

If you have any questions with regard to this you can contact the caesarean midwife on 8458 4109 or email mhwerascoordinator@mercy.com.au

On the day of your caesarean

- Nothing to eat from 2am, you can drink water from 2am till 6am.
- Do not chew gum.
- You will have a drink in recovery after your caesarean:
 - once you are on the ward you will have a light meal and then a normal meal later in the day.
- Six hours after your caesarean a midwife will make sure you can move your legs well and you will be helped to get out of bed.
- Eight hours after your caesarean and after you are able to walk around, your catheter (tube in your bladder) will be removed.
- You will be asked to measure the amount of urine you pass.

By the end of your first day in the hospital you should be eating, drinking and walking around in your room or in the ward. You will be given regular tablets (paracetamol and ibuprofen) for pain relief. Further pain relief tablets are available if you need it.

On your second day in the hospital you and your baby will have routine checks to make sure you are recovering well. The midwives will continue to help you with feeding your baby. By the end of the second day you should be eating and drinking as usual, walking around the ward comfortably and able to care for your baby. We will tell you how to manage pain relief at home.

By the third day of your hospital stay you will be ready to go home. Make sure you have tablets for pain relief at home before you go home (paracetamol and ibuprofen). We will plan your discharge to make sure you get home at a sensible time.

- A midwife will call you to check on you and your baby within one to two days of your discharge from hospital. Please keep your phone on between 8am and 3pm.

If you have any concerns at home please contact:

- during office hours: email mhwerascoordinator@mercy.com.au
- after office hours: Mercy Hospital Emergency Department on 8458 4000.

Further Information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women

Postnatal ward
Phone: 03 8458 4430

Acknowledgements

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Patient label

Patient diary

Anaesthetist to fill in	Date	Time
Expected time for mobilisation		
Expected time for removal urinary catheter		

Patient to fill in	Date	Time
My caesarean was on		
I started drinking after my caesarean on		
I started eating after my caesarean on		
I started walking around on		
The urinary catheter (tube) was taken out on		

Discharge checklist for patient to fill in	Yes
My pain is controlled	
I can walk on my own	
I can eat and drink normally	
My cannula (drip) has been removed	
I can pass urine (wee, pass water)	
I can feed my baby	
My baby has been checked by the baby doctor/ nurse	
I have had a shower, my caesarean cut in the skin is clean	
My midwife has checked me and discharged me	
I have my medications (tablets) and know how to take them	
I know how I am getting home	
I have help at home	
All my questions have been answered and I know who to contact if I am worried	