



Induction Instructions

One to Two Days Prior:

We recommend increasing your carbohydrate intake 1-2 days prior to induction. Diet suggestions: pasta, rice, cereals, bread, beans, lentils, milk, fruit

Day of Induction:

Call Labor and Delivery 1 hour before leaving for the hospital at 312-472-0800 to confirm appointment time and availability. If Labor and Delivery is very busy, your induction may be delayed.

Please arrive at Prentice Women's Hospital (located at 250 E Superior) and check in at Triage 30 minutes prior to your induction time. Triage is located on the 1st floor. You will then be instructed to proceed to Labor and Delivery which is located on the 8th floor.

Cesarean Section Instructions

One Week before Surgery:

If you take medication daily, please check with your prescribing physician for instructions on whether to stop or continue to take them the day of surgery.

Day before Surgery:

-You will receive a pre-op call the day before your surgery. This call will occur between 2:30PM and 6PM. If you do not receive a call by 6PM please call 312-472-2012 to confirm arrival time for the next day.

-We recommend increasing your carbohydrate intake 1-2 days before surgery including pasta, rice, cereals, bread, beans, lentils, milk and fruit.

-At bedtime, night before surgery, drink 32 ounces (4cups) Gatorade. Diabetics use low sugar variety (Gatorade G2.)

Skin Preparation for Surgery

Before surgery, you can play an important role in your own health. Because skin is not sterile, we need to be sure that your abdominal area is as free of germs as possible before surgery. You

can reduce the number of germs on your skin by carefully washing before surgery. Following these instructions will help you be sure that your skin is clean before surgery. You will need to shower with a special soap called chlorhexidine gluconate (CHG). A common brand name for this soap is Hibiclens™, but any brand is acceptable to use. The soap may come in a liquid form or in a scrub brush applicator. Either form is acceptable to use. Not to be used by people allergic to chlorhexidine.

- Shower or bathe with CHG the night before your surgery and the morning of your surgery. Do not shave the area of your body where your surgery will be performed.

- With each shower or bath, wash your hair as usual with your normal shampoo.

- Rinse your hair and body thoroughly after you shampoo your hair to remove the shampoo residue.

- Then apply the CHG soap to your entire body ONLY FROM THE NECK DOWN. Do not use CHG near your eyes or ears to avoid permanent injury to those areas. Wash thoroughly, paying special attention to the area where your surgery will be performed including your belly button.

- Turn water off to prevent rinsing the soap off too soon. Wash your body gently for five (5) minutes. Do not scrub your skin too hard. Do not wash with your regular soap after CHG is used.

- Turn the water back on and rinse your body thoroughly.

- Pat yourself dry with a clean, soft towel.

Day of Surgery:

-At 6 hours *before your arrival* to the hospital, stop eating solid foods.

-A 2 hours *before time of arrival* to hospital:

1. Drink 8 ounces (1 cup) Gatorade/Gatorade G2
2. With the Gatorade, take acetaminophen (Tylenol®) 1,000mg
3. After this time, no more intake of liquids or solids

-Your surgery will take place at Prentice Women's Hospital, 250 E Superior. Arrive at the time directed and go to the 8th floor.

-Medication on the day of surgery can be taken with a sip of water that morning.

-Do not shave or mark your skin anywhere near your surgical site.

-Do not wear makeup.

-All jewelry, including body piercings, must be removed prior to surgery. Leave all jewelry at home. Wear loose and comfortable clothing.

-Please arrive on time. Every effort is made to ensure your surgery begins at the scheduled time; however, your surgery may be delayed as a result of a hospital emergency or because of commonly encountered variations in the length of certain procedures due to unanticipated findings.