

## On the day of your Caesarean you must:

1. Fast from midnight
2. Arrive at the hospital by 6.30am
3. Go directly to the admissions desk located via the main entrance on Bagot Road. It is located through the second door on the left after entering the hospital.

If you do not fast as instructed or are late in arriving at the hospital your Caesarean section may be postponed.

## From a country area?

If you are from the country and are concerned about getting to the hospital by 6.30am please discuss with the Pre-Admission Clinic Coordinator prior to your appointment.

## Questions about the clinic?

Please feel free to contact the midwife below. She will gladly answer any of your questions.

## Contact person:

Clinical Midwife/Pre-Admission Clinic Coordinator  
Ph: (08) 9340 1379  
Monday to Friday  
9.00am to 4.00pm  
(except public holidays)

**Disclaimer:** The advice and information contained herein is provided in good faith as a public service. However the accuracy of any statements made is not guaranteed and it is the responsibility of readers to make their own enquiries as to the accuracy, currency and appropriateness of any information or advice provided. Liability for any act or omission occurring in reliance on this document or for any loss, damage or injury occurring as a consequence of such act or omission is expressly disclaimed.

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WOMEN AND NEWBORN HEALTH SERVICE

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Delivering a Healthy WA

PREGNANCY

# Pre-Admission Clinic for Birth by Elective Caesarean Section

**Now that you are planning your baby's birth by Caesarean section you will need to make some new arrangements and no doubt will have many questions.**

**The staff at King Edward's Antenatal Clinic OR your obstetrician will arrange:**

1. An appointment at the Caesarean Birth Pre-Admission Clinic on the Tuesday immediately prior to your Caesarean birth day. (No more than seven days prior to the Caesarean section you will need to see the anaesthetic registrar and have some blood tests)  
The health professionals you will see at the Pre-Admission Clinic include:
  - a midwife
  - an anaesthetic registrar
  - an interpreter if required (booked when the pre-admission appointment is arranged).
2. The obstetric registrar or obstetrician at the Antenatal Clinic will explain the operation and the risks associated with this surgery. When you understand all that he/she has explained you will need to sign a consent form for the procedure.

3. The obstetric registrar or obstetrician will assess your physical health and order the blood tests that you require. This can be discussed with the midwife at your appointment.

These blood tests are ideally done three to four days before the operation but blood can be taken up to seven days prior to your Caesarean.

**There are a number of benefits in attending the Pre-Admission Clinic, these include:**

- A good night's sleep in your own bed the night prior to your operation.
- Minimal time away from your home and family.
- The clinic is held in an ideal setting to allow quiet discussion and enough time to answer all your questions and concerns.
- Questions you wanted to ask, or hadn't thought of, are answered prior to your admission.
- The above benefits result in a reduction in stress at the time of your baby's birth.

**Allow at least two hours for your attendance at the Pre-Admission Clinic. If you have other children, please use the KEMH Creche.**

**Upon arrival at the clinic:**

1. You will be asked to participate in a group session where most aspects of your care and your family's care before, during and after the birth of your baby are discussed.
2. In an individual session there will be discussion with a midwife on any other personal aspects of your care.
3. You will be asked to weigh yourself and test your urine.
4. The midwife will complete an antenatal assessment of you and your baby. Any problems will be discussed with your obstetric registrar. It is not necessary for you to attend an Antenatal Clinic appointment and the Pre-Admission Clinic appointment in the same week. You may cancel the Antenatal Clinic appointment as long as you don't wish to have further discussion with the obstetric registrar in the clinic.
5. The anaesthetic registrar will:
  - ask about your medical and surgical history
  - discuss your concerns
  - provide information about your anaesthetic and pain relief.
6. Your blood is taken for the tests required prior to your operation.

**You will be given a Caesarean section information booklet**