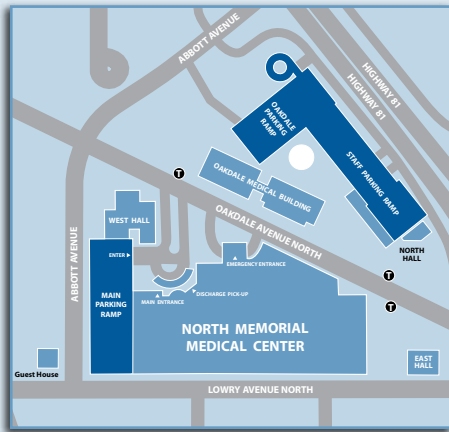
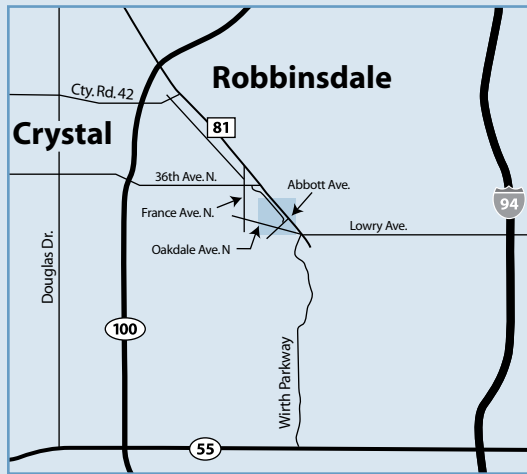


Direction phone line (recorded)
(763) 287-6305



When you arrive at North Memorial:

- Park in the hospital ramp next to the main entrance. Street parking is not available.
- Take the ramp elevators to the Plaza (PL) level.
- Enter the atrium and proceed to the central elevators. Go directly to the 3rd floor and “check in” at the nurses station.

North Memorial Medical Center
3300 Oakdale Avenue North
Robbinsdale, MN 55422



Patient Guide Cesarean Birth

	a.m.	a.m.
	p.m.	p.m.
DATE	ARRIVAL TIME	PROCEDURE TIME



North Memorial

Women & Children's Services
3300 Oakdale Avenue North
Robbinsdale, MN 55422
northmemorial.com

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North Memorial

Thank you for choosing North Memorial's Women & Children's Services for your care. We will do everything we can to make your experience as comfortable as possible. If you have any questions before you come to North Memorial for your cesarean birth, please contact your physician or call our Family Birth Advocate at (763) 520-1366.

Where Your Cesarean Birth Will Take Place

Your cesarean birth will take place in the Labor and Delivery area. Proceed directly to the 3rd floor nurses station upon arrival. For directions to North Memorial, see the map on this brochure, or call our Directions Line at (763) 287-6305.

Once Your Cesarean Birth is Scheduled

Once your cesarean birth is scheduled, there are several steps you should take to prepare for it:

- **Make an appointment for your preoperative history and physical.** Your surgeon or primary care doctor can do the history and physical, **which must be done within seven days of your procedure.**
Note: Your procedure will be delayed or canceled if your history and physical has not been completed.
- **Notify your doctor if you experience a significant change in your health.**
Examples include a cold, fever or sore throat.

Six Weeks Before Your Cesarean Birth

Mail your pre-admission form (found in your Birthing Information and Services folder) to North Memorial using the self-addressed envelope. You may receive a call from the medical center's admitting department for pre-admission information. Please have the following available:

- Insurance numbers
- Name, address and phone number of your employer
- Your social security number

About three days before your cesarean, a registered nurse will call you, or you may call the nurse at (763) 520-7820 or 1-877-749-7820.

The nurse will:

- Review your medications
- Review your medical history
- Review your care before and after surgery

What You May Eat and Drink Before Your Cesarean

- **NO SOLID FOODS** or liquids eight hours before your procedure
- Please do not chew gum, take lozenges or eat hard candy before your procedure

The Morning of the Cesarean

If you have prescriptions for the following medications, you may take them the morning of your cesarean:

- Heart medications
- Blood pressure medications
- Seizure medications
- Asthma medications (please bring your inhaler)

Take medications with a small sip of water only.

The morning of your cesarean:

- Leave all jewelry, purses, wallets or anything else of value at home.
- All body piercing should be removed before your procedure.
- Remove any makeup.
- Acrylic nails and nail polish may be worn.
- Glasses/contacts may be worn during your cesarean.

North Memorial Medical Center strives to be a fragrance-free facility. While deodorant is allowed, please refrain from using perfume or strong-smelling soaps on the day of your procedure.

After Your Cesarean:

- Your recovery will take place in the privacy of your hospital room.
- You will be walking as soon as possible.
- Your IV will be removed when you are able to drink fluids.
- Solid foods will be offered gradually.
- After 24 hours your nurse will remove your urinary catheter and you will be able to use the restroom independently.
- You will be able to shower the day after surgery.
- You will be able to go home in three days depending on your recovery process.