

Caesarean Section (Easy Read)



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.



A Caesarean is an operation and is always done in hospital.



You can have someone with you, a birth partner.

midwife



A midwife will also be with you to support.

scrubs



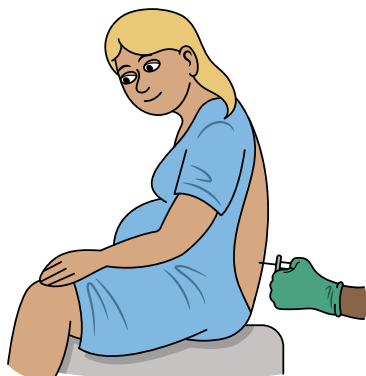
Everyone, including your birth partner, will change into theatre clothing known as Scrubs.

medicine



You will be given some medicine so it does not hurt during the operation.

injection in back



This is usually via a needle into your back - a spinal injection. This will make your legs feel heavy and numb.

anaesthetic



Or you may be put to sleep.

This is very rare as we want you to be awake when your baby is born.

easy read



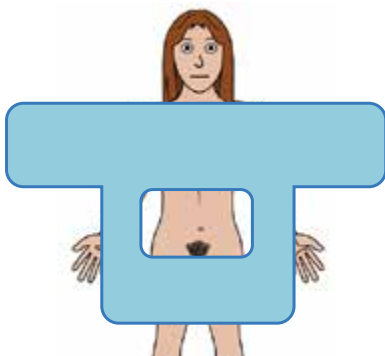
We have other easy read leaflets about having a general anaesthetic (being put to sleep).

check



The team will check that the medicine (anaesthetic) is working before they start the Caesarean.

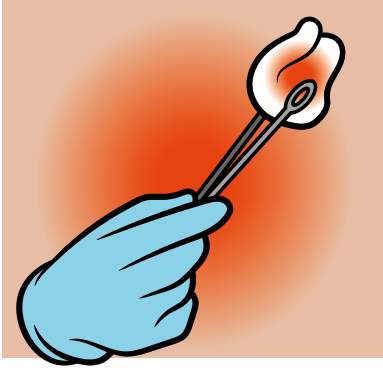
surgical drape



They will cover you with a surgical drape.

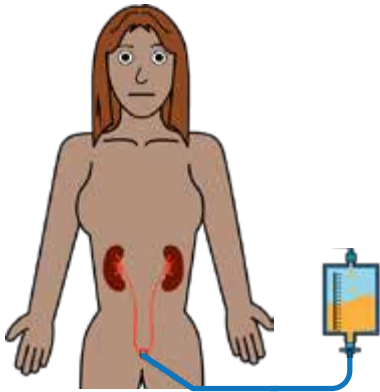
This is a sheet that will keep you covered and clean during your Caesarean.

orange soap



Your tummy will be cleaned with an orange coloured soap. This will make your skin look orange for a few days.

catheter



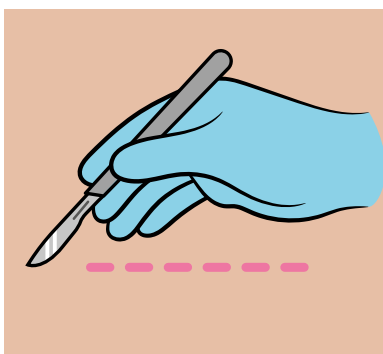
They will put a tube into your bladder to drain your wee. This only stays in while your legs are numb and you cannot get to the toilet.

no pain



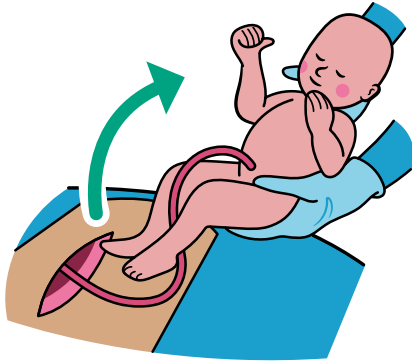
You may feel your tummy being moved but you should not feel pain.

cut in tummy



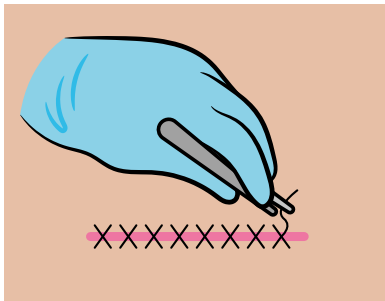
A cut will be made low down in your tummy. You will not feel this.

baby is born



This is to make an opening for your baby to be born.

stitches



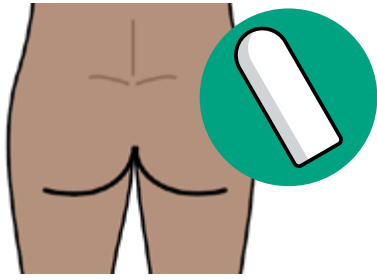
After your baby has been born the opening in your tummy will be closed with stitches.

vaginal examination



When your baby is born the Dr will need to check inside your vagina.

tablet up your bum hole



They will give you pain relief medicine into your bottom as a suppository - this is a tablet up your bum hole.

see your baby



If you are awake you will be able to see your baby if you want.

You will be supported to hold your baby if you want to.

recovery



Afterwards you will be taken to an area to recover before going to the postnatal ward.

friendly staff



Our staff will support you and your baby throughout your hospital stay.



Please ask any staff if you need any help or support.

All images are copyright© LYPFT

This information can be offered in other formats on request, including a language other than English and Braille.

RD&E (Eastern Services) main switchboard: 01392 411611 NDDH (Northern Services) main switchboard: 01271 322577

For Royal Devon services log on to: <https://royaldevon.nhs.uk>

Smoking and second-hand smoke causes harm to patients and staff, and is not allowed on any Trust sites.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

© Royal Devon University Healthcare NHS Foundation Trust Designed by Graphics (Print & Design), RD&E (Heavitree)