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Enhanced Recovery After Cesarean Delivery (ERAC) Information for patients

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ERAC is a series of steps that help the birthing parent recover from a cesarean delivery to facilitate safe and early discharge from the hospital. This document provides information about how to prepare and what to expect before the cesarean delivery, during your hospital stay and immediately after discharge. These are general guidelines. Your doctors may modify some aspects specific for you and the hospital where you will deliver.

Before the Surgery

- At the clinic visit you will meet with your obstetrician, midwife, or family doctor.
- Ask any questions you may have to your doctors and nurses.
- Nursing staff will give you instructions to prepare you for surgery.
- Follow lab instructions for blood work and COVID-19 testing, if applicable.



Night Before Surgery

- Eat a normal meal at dinner time; no solid/greasy food after midnight.
- Shower with provided antiseptic solution per instructions.
- Drink #1 bottle of clear carbohydrate drink before bed as instructed. (Examples: Clear Ensure®, Gatorade®).
- It is considered to be okay to drink clear liquids up to two hours before coming to the hospital, if you wish (Examples: water, coffee without creamer/milk, clear juice without pulp). Confirm these instructions with your providers.
- Remove all jewelry, body jewelry, body piercings, nail extensions and hair extensions/clips.



Day of Surgery

- Drink #2 bottle of clear carbohydrate drink 2 hours prior to arrival to hospital as instructed.
- Shower with provided antibacterial soap per instructions.
- Check in at your hospital at the time and location provided.
- Meet your obstetrics, anesthesiology and nursing care team members.
- Informed consents will be completed; ask your doctor any questions at this time.
- Nursing staff will place intravenous lines, check your baby and prepare you for surgery.
- You will be taken to the operating room.



In the Operating Room

- A safety check will be performed to confirm your name, date of birth, and the surgery being performed.
- A spinal/epidural anesthetic will be performed for pain control during surgery.
- Compression devices will be applied on your legs to prevent blood clots.
- A catheter will be placed in the bladder to drain urine.
- Stomach (& vagina in some cases) will be cleaned.
- Surgical drapes will be placed, and a provider will confirm you are comfortable for surgery to start.
- A support person will join you in the operating room.
- After delivery of the baby, a nurse and baby doctor will check the baby.
- When baby is ready, the baby will be brought to you or family for bonding.



In the Recovery Room

- You will recover in a monitored area until you can move your legs or approximately two hours. Then you will be brought to a post-partum room where you will stay for the remainder of your hospital stay.
- If you are having pain that is not controlled, inform your nurse.
- If you do not have any nausea, you may eat normally.
- When walking for first time, your nurse will assist you to the side of the bed to assure your safety.



Post-Cesarean Instructions

- We encourage you to start walking in the hallways of the hospital at least six times a day.
- Remember to rest and sleep when your baby sleeps.
- Eat regular healthy meals and drink lots of water.
- You will receive instructions for incision care and medicines before discharge.
- You will receive a post-partum visit appointment after discharge.
- At home, alternate using acetaminophen (Tylenol®) and ibuprofen (Advil®) for pain with stool softeners as directed when necessary.
- Avoid lifting anything heavier than your baby or car seat.
- Call the phone number provided if you have a fever (100.4 F or higher), severe pain, nausea/vomiting or constipation.

