

Cesarean Section Instructions

After you and your physician have discussed and decided that a cesarean section delivery is advisable for you, your physician will schedule a date and time for the procedure.

Prior to the Cesarean Section:

When you have a date for your cesarean section, you will need to schedule an appointment with the NYU Pre-Surgical Testing (PST) department. The PST appointment must be performed within three (3) days of your scheduled Cesarean section.

The Day of your Cesarean Section:

- ❖ Arrive and check in at the Labor & Delivery unit **two (2) hours** prior to your scheduled cesarean section.
- ❖ Do not eat or drink anything ten (10) hours prior to your scheduled cesarean delivery.
- ❖ Do not bring any jewelry or expensive items.
- ❖ Wear comfortable and loose fitting clothes.
- ❖ Stop taking aspirin or any anti-inflammatory medications, such as Ibuprofen, Motrin or Advil one week prior to your scheduled cesarean section.

**Pre-Surgical Testing Unit
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