



Maimonides Health

SCHEDULED CESAREAN DELIVERY INSTRUCTIONS

Department of Obstetrics and Gynecology
Labor and Delivery, Aron Building First Floor
December, 2022

Maimonides Medical Center
4802 10th Avenue
Brooklyn, NY 11219
718-283-6000

WELCOME

Maimonides Labor and Delivery welcomes you for your scheduled Cesarean Delivery

Our goal is to provide you with competent and respectful care, in a safe and caring environment

These instructions should help you to plan for your admission and discharge from the hospital

PREADMISSION TESTING (PAT)

745 64th Street
Brooklyn, NY 11220
718-283-7436

Please go to PAT to have your blood tests and Covid test done within 72 hours of your Cesarean Delivery. You can walk-in *without* an appointment from 9:00 AM to 3:00 PM. If you do not complete PAT, then there will be a delay in the starting time of your Cesarean Delivery.

If your Cesarean Delivery is	Go to PAT between 9:00 AM and 3:00 PM
Monday	Friday
Tuesday	Monday (If Monday is a holiday, then go on Friday)
Wednesday	Monday or Tuesday
Thursday	Tuesday or Wednesday
Friday	Wednesday or Thursday
Sunday	Friday

CONFIRMATION

You will receive a call the night before your Cesarean Delivery to confirm your time of arrival to the hospital. If you are taking any regular medications, please confirm medication instructions with your doctor.

DIET

You can eat a LIGHT meal up to 6 hours before you come to the hospital.

DO EAT: toast, egg (not fried), oatmeal, plain rice or quinoa, plain pasta, vegetables (not fried).

DO NOT EAT: fried food, meat, spicy food, heavy meal

You can DRINK up to 2 hours before coming to the hospital

DO DRINK: clear fluids (meaning you can see through them), such as: water, tea or coffee *without* milk, apple juice, white grape juice, lemonade, fruit punch, clear fat free broth

DO NOT DRINK: beverages containing milk, juice with pulp

Once you arrive at the hospital, you will not be eating or drinking until after your Cesarean Delivery has finished.

PARKING

The Maimonides Medical Center garage is located on Tenth Avenue between 47th and 48th Streets with hourly rates. Valet parking is available Monday through Friday, from 7:00 AM to 6:00 PM for \$15.

On your day of discharge, you will receive a free parking validation.

DAY OF SURGERY

Please arrive at Labor and Delivery at least **2 hours before** the scheduled time of your Cesarean Delivery.

The admission process includes the completion of documents with the admitting office, a nursing assessment and admission by hospital medical staff, which may include a physician's assistant, resident, midwife and/or hospital physician.

The obstetrical anesthesia team will also visit with you and discuss Cesarean Delivery anesthesia and postoperative pain management.

DO BRING

- Picture identification and insurance card
- List of allergies and current medications
- We will give you all the medications you will need for the time you are in the hospital
- Toiletries and personal hygiene items
- The name of your pediatrician. (If you do not have a pediatrician, we will help you find one)

DO NOT BRING

- Valuables, such as jewelry, pocketbook, cash, credit cards, keys
- Electronic devices such as cell phones, tablets, laptops and chargers.
- An infant car seat. (**A car seat should be brought to the hospital on the day of discharge, not at the time of admission**)

DELUXE PRIVATE ROOMS

A limited number of deluxe rooms are available for an additional out of pocket fee. To learn more about this, ask your obstetrician or inquire at the time of admission.

<https://maimo.org/treatments-care/obstetrics-and-gynecology/deluxe-private-maternity-rooms/>

LENGTH OF STAY

In general, your stay will be approximately 3 days. Typical discharge time is before noon, and pick up should be planned in advance. Mother and baby may have different medical needs, and one or both may need an additional length of stay.

Discharge decisions for the newborn are the responsibility of the pediatrician.

VISITATION

Our commitment is to support our patients in all settings to share the birthing experience with significant others.

Labor and Delivery accommodates visitors 24 hours a day, 7 days a week.

Two support persons (including a doula) may accompany a pregnant patient.

OPERATING AND RECOVERY ROOMS

One support person is generally allowed to be present with the patient during and after surgery. In some cases of clinical emergency or patient safety, visitation may be limited.

Mother- Baby (Postpartum)

We permit two support persons from 9:00 AM to 9:00 PM. Whenever possible we will accommodate one visitor during the hours of 9:00 to 9:00 PM.

COVID

MMC follows the most current NY State Department of Health recommendations. At this time, masks are required for patients, visitors and staff in all hospital areas.

THANK YOU!

Thank you for allowing us to participate in your care. If you have questions or feedback, please let us know at any time.