

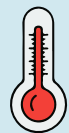
## During Your Caesarean Birth

4



### Prevention of low blood pressure

Medication to avoid nausea and vomiting



### Prevention of heat loss

Regular checks and warming blanket to keep you warm



### Promotion of skin to skin and breastfeeding

Initiation of skin to skin as soon as safe for you and your baby / breastfeeding support



### Preventative antibiotics

To help prevent a wound infection

## Diabetes or other complications of pregnancy



If you have been diagnosed with diabetes or other complications of pregnancy, some of the advice in this leaflet may not apply to you.

Follow the advice that has been given to you by your doctors and midwives.

## During Your Recovery

5

The ERAC pathway continues beyond your Caesarean Birth in order to improve your recovery .



We encourage you to chew gum after your Caesarean Birth to promote early bowel function.



Early intake of food as soon as you feel ready is recommended; snack packs are available on the postnatal ward.



Early catheter removal 4 to 6 hours after your delivery.



Your midwife will help you mobilise 4 to 6 hours after your delivery.

## Contact Us



01 637 3100



[www.nmh.ie](http://www.nmh.ie)

Your midwife, obstetrician and anaesthesiologist are here to answer your questions.

Comms Jan 2026



An tOspidéal Náisiúnta Máithreachais  
The National Maternity Hospital



# Enhanced Recovery After Caesarean Birth

Better Recovery Better Experience  
Better Care

# What is Enhanced Recovery After Caesarean Birth (ERAC)?

- Enhanced Recovery pathway After Caesarean Birth (ERAC)



- Evidence-based approach to ensure optimal experience



- Optimised care before, during and after your surgery



- Faster return to normal activity



- Support from midwives, dietitians, obstetricians and anaesthesiologists



## Before your Caesarean Birth



Education on the ERAC pathway is available during the antenatal classes.

Prevention of anaemia: your haemoglobin level is tested during your antenatal visit and iron supplementation may be offered to you if you require it.

You should follow the corresponding fasting instructions if you are booked for a morning or an afternoon Caesarean Birth.

We encourage that you 'carb load' with 400ml of pulp free apple juice 2 hours before coming to the hospital the day of your Caesarean Birth (2 small cups).

Do not replace pulp free apple juice with any other drinks.

You will be allowed to sip water or apple juice in the hospital prior to your surgery.



### Morning Caesarean Birth Fasting Instruction

- You should fast from food from 2am
- You are allowed black coffee or tea up to 6am
- You should 'carb load' with 400 ml of pulp free apple juice at 6 am
- You are allowed sips of water or apple juice up to your C-section



### Afternoon Caesarean Birth Fasting Instruction

- You are allowed a light breakfast at 6am
- You are allowed black coffee or tea up to 10am
- You should 'carb load' with 400 ml of pulp free apple juice at 10 am
- You are allowed sips of water or apple juice up to your C-section