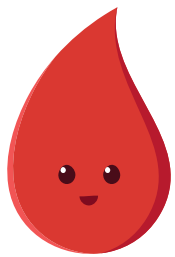




Enhanced Recovery after Caesarean Birth



ERAC



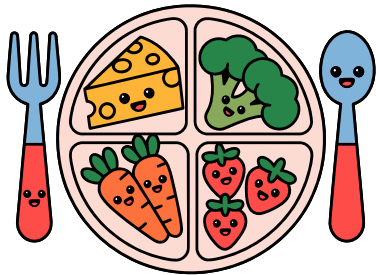
HAEMOGLOBIN OPTIMISATION

Iron deficiency identified early and treated if indicated.



ANTENATAL EDUCATION

Information on caesarean birth is given at Antenatal Classes.



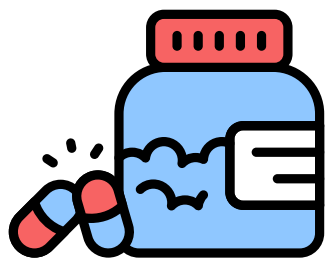
REDUCING FASTING TIMES

Fast from food from 2am for morning delivery.
Breakfast at 6 am for afternoon delivery.



CARB LOADING

Drink 400ml of clear apple juice 2 hours before coming to the hospital.



PAIN CONTROL

Tailored pain relief for your recovery.



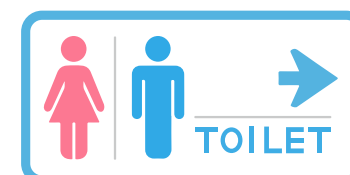
BREASTFEEDING PROMOTION

Aiming for skin to skin as early as possible during your surgery. Breastfeeding support is available.



ESTABLISH FEEDING

Chewing gum and drinking water straight after your delivery. Snacks are available when you get to your room.



CATHETER REMOVAL

Removing the urinary catheter 4 to 6 hours after delivery allowing you to mobilise more easily.



EARLY MOBILISATION

Getting up with the help of your midwife 4 to 6 hours after your delivery.



EARLY DISCHARGE

ERAC aims to give you the best possible recovery before you return home.