



The National Maternity Hospital

Let's start sipping!

If you're having a **Planned Caesarean Section Birth**, you can '**Sip til Section**'! This means that you can drink water right up until you're called to theatre.

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You can drink up to
1 Glass of water (160ml) every **1 hour**



Drinking water is safe, healthy and will keep you hydrated and relaxed



BENEFITS:

It can lessen negative symptoms you might otherwise experience, like:

- Nausea
- Vomiting
- Headache
- Feeling Faint or Anxious



What can you drink?

- Water
- Water with squash/cordial (no bits)



Happy Sipping! ✨