Preparing for Your C-Section

University of Washington Medical Center







如何为您的剖腹产做准备

华盛顿大学 医学中心







In the Weeks Before

- Talk with your doctor about your birth control plan
- Sign consents for surgery
- Eat a healthy, balanced diet
- Choose your pediatrician (doctor for your new baby)



在几周前

- **与您的医生**讨论您日 **后的避孕**计划
- 签手术同意书
- 吃健康、平衡的饮食
- 选择您的儿科医生 (您新生宝宝的医生)



Showers Before Your C-section

Your nurse will give you a packet with 2 chlorhexidine gluconate (CHG) cloths.

Shower #1: Night Before Surgery

- Use your regular soap (such as Dial). Clean your body well. Do **not** shave any area of your body that is near the surgical site. Dry off with a clean towel.
- Then, use one of the CHG cloths to wipe the **front of your body**. Wipe from below your breasts, over your abdomen, and down to your upper thighs. Do not wipe your genital area.
- Allow your skin to air dry. Dress in clean bedclothes.



Shower #2: Morning of Surgery

- Shower again with regular soap. Do not shave any area of your body that is near the surgical site. Dry off with a clean towel.
- Then, use the 2nd CHG cloth to wipe the front of your body, the same as you did last night.
- Allow your skin to air dry. Do **not** apply hair products, deodorants, lotions, or fragrances.
- Dress in clean clothes and come to the hospital as planned.

UW Medicine

剖腹产前的淋浴

您的护士会给您一包内有2张葡萄糖酸氯己定(CHG)的纸巾。

第1次淋浴:手术前一晚

- 使用常规的肥皂(如黛亚牌)。将身体洗净。请勿剃手术部位附近的体毛。 用清洁的 毛巾擦干。
- 然后,使用1 张 CHG 纸巾擦拭身体**前面的部位**。 从您乳房下面擦拭、整个的腹部、到您的大腿。 不要擦拭您生殖器部位。
- 让身体自然吹干。穿上清洁的衣服。



第2次淋浴:手术当天的早晨

- 使用常规的肥皂将身体洗净。请勿剃手术部位附近的体毛。用清洁的毛巾擦干。
- 然后, 使用第 2 张 CHG 纸巾擦拭身体**前面的部位、就如昨晚一**样。
- 让**身体自然吹干。切勿使用**头发产品、除臭剂、润肤剂或**香水**。
- 穿上清洁的衣服 按照计划到医院。

UW Medicine

Eating Before

- You may eat and drink as usual until 8 hours before your C-section.
- 8 hours before your C-section, drink 8 ounces of apple juice.
- Keep drinking clear liquids until 2 hours before your C-section.
- 2 hours before your C-section, drink 8 ounces of apple juice.
- Starting 2 hours before your
 C-section, do not take anything by mouth.



术前的进食规则

- 您可以像往常一样饮食、直到剖腹产术前8小时。
- 在剖腹产术前8小时、请喝8盎司的苹果汁。
- 继续喝透明的液体直到**剖腹**产术 **前2小时**。
- 在剖腹产术**前2小**时、请喝8盎司 **的苹果汁**。
- 在剖腹产术前**2小**时开始、就不可**吃、喝任何**东西。



Stopping Medicines



Ask your doctor to review all the medicines you are taking. You may need to stop taking some of them for a few days or longer before your C-section.

停止服用药物

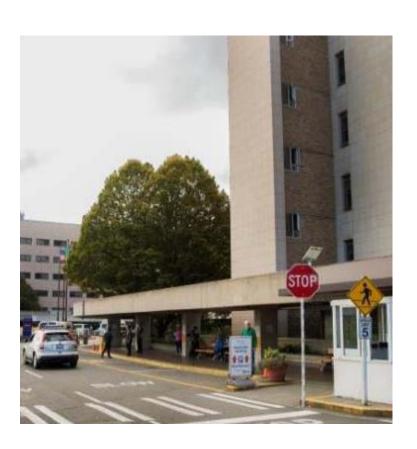


请您的医生检查您目前 服用的所有药物。 某些 药物您可能在剖腹产手 术前几天、或更早需要 停止服用。

When to Arrive

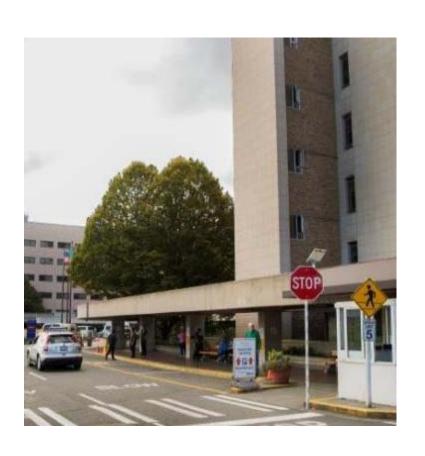
Ask your doctor what time your surgery is scheduled.

Plan to arrive at Labor and Delivery 2 hours before that time, unless your doctor tells you otherwise.



何时来报到

咨询医生您手术的时间。 除非您的医生有其他的 医嘱、请计划在手术前 2小时到产房报到。



Your Support Person

Your support person:

May be with you in your Labor and Delivery room



- Will wait in your Labor and Delivery room until we call them to come to the operating room (OR)
- Will sit near your head during the surgery
- Can help hold your baby in the OR after delivery

您的扶持者

您的扶持者:

• 可以在您的分娩室



- 在您的分娩室等待、直 到我们请他们来到手术 室(OR)
- 手术中就坐在您的头边
- 在生产后可以帮助您抱 宝宝

Labor and Delivery

In Labor and Delivery, you will:

- Sign consent forms for surgery, if not already done
- Meet with the anesthesia team
- Meet with the delivery team

A nurse will:

- Place an intravenous (IV) line in your arm
- Draw blood so we can check your blood sugar
- Clip your pubic hair
- Start a fetal heart rate monitor so we can check your baby's heart rate



分娩室

在分娩室:

- 如尚未签手术同意书此时就可签署
- 与麻醉组的医生见面
- 与接生组的医生见面

有一位护士将为您做:

- 在您手臂放置静脉注射导管(IV)
- 抽血检验血糖
- 修剪耻毛
- 开始胎儿心率监测、以便我们监测宝宝的心率



Before Surgery

In the OR:

- You will drink an antacid drink.
- The anesthesia team will give you spinal anesthesia or place an epidural.
- You will start to feel numb from your breasts to your toes.
- A nurse will:
 - Place wraps (SCDs) on your legs to prevent blood clots
 - Wash your abdomen
 - Place a Foley catheter in your bladder to drain urine



手术前

在手术室:

- 您需要喝抗胃酸的药。
- 麻醉组的医生会给您脊髓麻醉或放置硬膜外的导管。
- 从您乳房的部位到您的脚趾、 会开始感到麻木。
- 有一位护士会为您:
 - 套上按摩脚套、以防止血栓
 - 洗净您的腹部
 - 插一导尿管、协助排尿



UW Medicine

In the Operating Room



- You will be in the OR for about 60 to 90 minutes. Most times, the baby is delivered within the first 10 minutes.
- After delivery:
 - The pediatric team will check your baby's health.
 - If it is safe, we will bring your baby to you for skin-to-skin holding and help you start breastfeeding.
 - If extra care is needed, we will take your baby to the Neonatal Intensive Care Unit (NICU).

In the Operating Room



- 您约在手术室60-90 分钟。大多数的时候、宝宝在前10分钟内出生。
- 生产后:
 - 儿科组会检查您宝宝的健康状况。
 - 如果是安全的话、我们会把您的宝宝带给您、让您们能够皮肤贴皮肤、并帮助您开始母乳喂养。
 - 如需额外的护理、我们就会把您的 宝宝带到新生儿加护病房 (NICU)。

Right After Surgery

After the surgery:

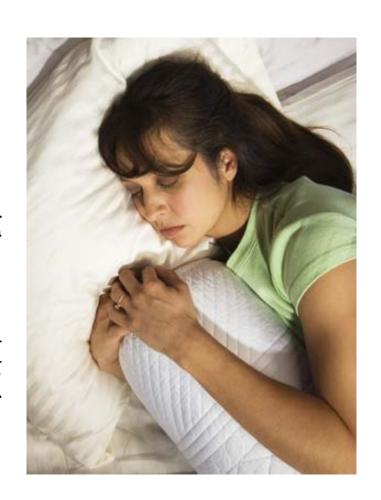
- You will return to your Labor and Delivery room to rest.
- Nurses will take your vital signs often.
- Feeling in your legs will start to return as the anesthesia wears off.
- You can begin to eat and drink.
- If needed, we will place a wound vac. Your doctor will talk with you about this if it is needed.



Right After Surgery

手术后:

- 您会回到产房休息。
- 护士会经常检测您的生命体征。
- 麻药的药效渐渐消减、腿部感觉 会开始恢复。
- 您可以开始进食。
- 如有需要、我们会为您在伤口放置真空敷料。如有此必要您的医生会与您解说。



Recovery in Postpartum



- We encourage you to walk often, with help. Walking will help you heal. Plan to walk in the halls several times a day.
- Your appetite may be lower after surgery. You may need to eat smaller meals at first.
- We will help you work on breastfeeding. Ask for lactation services staff to visit, if needed.
- We will remove your Foley catheter.

产后恢复



- 我们鼓励您在有人协助的情况下经常走路、走路会帮助您的康复。 计划每天在走廊里走几次。
- 您在手术后可能食欲较差。 您可能需要先吃较小量的饭菜。
- 我们将帮助**您哺乳。如有需要** 可请哺乳辅导护士到访。
- 除去导尿管。

Pain Control

Most times, medicine you receive during surgery will help control pain for 12 to 18 hours after surgery.

As needed, you will also receive:

- Acetaminophen (Tylenol)
- A nonsteroidal anti-inflammatory drug (NSAID) such as ibuprofen (Advil) or ketorolac



• Opioid pain medicine (Oxycodone or Hydromorphone) Acetaminophen and ibuprofen will be your main pain medicines. Opioids will be given only if needed.

止痛

大多数时候、手术时接**受的**药物将有助于手术后12至18小时控制疼痛。

根据需要会给您:

- 对乙酰氨基酚(泰诺)
- 非可的松类的抗炎药物(NSAID) 如布洛芬(ibuprofen) 或酮咯酸 (Advil)



 鸦片类止痛药(羟考酮或氢吗啡酮Oxycodone or Hydromorphone)。
 对乙酰氨基酚及布洛芬是您的主要止痛药。只有在需要时才会给予含阿片类的药物。

UW Medicine

Other Medicines

You may also receive these other medicines while you are in the hospital:

- Bowel medicines (constipation is common, especially if you take opioids)
- Anti-nausea medicines
- Anti-heartburn medicines
- RhoGAM (if needed)
- Birth control (if desired)



其他药物

您在住院期间也**可能会服用**这些药物:

- 排便药(便秘是常发生的、特别是您如服用鸦片类药物)
- 止吐药
- 抗胃酸药
- Rho球蛋白(RhoGAM 如有需要)
- 避孕药(如病人希望)



Going Home



Most women go home 2 days after their C-section. Before you leave the hospital, we want to make sure you can:

- Walk without help
- Eat without nausea or vomiting
- Urinate (pee) as usual
- Control your pain with only pain pills

回家



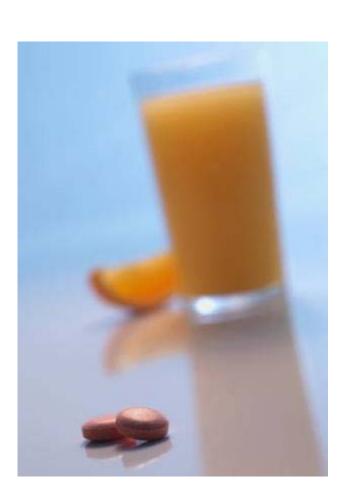
大多数的妇女在剖腹产后2天回家。在您回家之前、我们要确认您可以:

- 走路不需协助
- 吃东西不会恶心呕吐
- 排尿 (小便) 如常
- 口服止痛药即可控制疼痛

Discharge Medicines

When you leave the hospital, you will keep taking these medicines at home:

- Pain medicines:
 - Acetaminophen (Tylenol)
 - Ibuprofen (Advil, Motrin)
 - Opioids, if needed
- Bowel medicines (to prevent constipation)
- Birth control (if desired)



出院后的药物

当您离开医院时、您还需要继续在家里服用这些药物:

- 止痛药:
 - 对乙酰氨基酚(**泰**诺 Tylenol)
 - 布洛芬Ibuprofen (Advil, Motrin)
 - 布洛芬(Advil, Motrin)
 - 鸦片类、如有需要
- 通便药(避免便秘)
- 避孕药(如病人希望)



Pain Control at Home

- Take your pain medicines as prescribed.
- If you are taking opioids:
 - Do **not** drive while you are taking opioids.
 - Taper (decrease) your dose over the first week you are home. To do this, first start taking a lower dose. Then allow more time between doses until you are no longer taking any opioids.



在家时疼痛的控制

- 遵照医嘱服用止痛药。
- 如您服用鸦片类止痛药:
 - 服用时期切勿驾车。
 - 渐减(减少)您回家的第一周就开始逐减少服用的剂量。要做到这一点、首先在开始时服用较低的剂量、然后延长每次服药之间的时间、直到你不需再服用任何鸦片类药物。



Self-care at Home

- Take walks. Walking will help your body heal.
- Eat healthy foods and drink plenty of water.
- You may shower. Let the water run gently over your incision.
 Do **not** scrub your incision.
- You will have white tape (called Steri-strips) over your incision. If they do not fall off on their own, please remove them after 1 week.



在家的自我护理

- 散步。 行走有助于您身体的愈合。
- 吃得健康多喝水。
- **您可以淋浴**。 让水轻轻**地流**过 **您的**伤口。 **不要擦洗您的**伤口。
- 您的伤口上贴着白色胶带(称为Steri-Strip)。 如果它不自己脱落、请在1周后将其拿下。



Activity Restrictions



For 6 weeks after your C-section:

- Limit your household chores. Do not lift anything that weighs more than 10 pounds. (A gallon of milk weighs almost 9 pounds.) Ask for help as needed.
- Do not use tampons, have sex, or put anything else in your vagina.

活动的限制



剖腹产后6周之内:

- 限制您的家务。 不要提拿超过10 磅的重物。 (一加仑的牛奶约9磅重。) 根据需要寻求帮助。
- 不要使用卫生棉条、性交、或在你的阴道里放置任何东西。

Warning Signs

Call us if you have any of these problems:

- Fever higher than 100.4°F (38°C)
- Chills
- Nausea or vomiting, or both
- Redness, warmth, or drainage at your incision
- Severe pain

- Heavy bleeding from your vagina
- Constipation that lasts more than 3 days



警告标志

如有下列症状请联系我们:

- 体温高于华氏100.4°F● 阴道大量出血 (摄氏38°C)
- 发冷
- 恶心、呕吐、或两者 都有
- 伤口发红、发热、或 流液
- 剧痛

- 至少有3天无法排便

