

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.

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。

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



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。



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 (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
- 阴道大量出血
- 至少有3天无法排便

