



Information for  
patients and  
carers

**Emergency Caesarean**

Postnatal Information

## Congratulations on the birth of your baby

As the birth of your baby by emergency caesarean section was unplanned and unexpected, the following information is provided to explain why this type of birth may have been necessary, what to expect over the coming days and the implications for any future births.

There are several reasons why your doctor may have recommended an emergency caesarean birth:

- Your baby may not have been receiving enough oxygen and needed to be born quickly. The medical term for this is “fetal distress”
- Your contractions were not able to dilate the neck of your womb (cervix) and/or move your baby through the birth canal. This situation is sometimes described as “failure to progress in labour”
- Your baby’s position in your womb would have made a vaginal birth very difficult or dangerous. This is called “malpresentation”
- You experienced heavy vaginal bleeding in late pregnancy or labour

Whilst most caesareans are performed under an anaesthetic where you are able to stay awake (spinal or epidural) there are occasions when your baby may have needed to be delivered very rapidly, and you may have needed to go to sleep with a general anaesthetic.

The reason for your caesarean birth should be explained to you by your doctor or midwife before you are discharged home. This will give you the chance to ask any questions you may have.

## Following the birth of your baby

In the immediate hours after your caesarean your midwife will have continued to make frequent checks of your blood pressure as well as checking your wound to ensure you are safe. You will be offered pain relief regularly. Your drip and the catheter into your bladder will usually stay in place until you are able to get out of bed. The midwives will then monitor the volume and frequency with which you pass water to make sure your bladder tone is recovering as it should.

- You can eat and drink as soon as you feel able
- You will be encouraged to move your legs in the bed and when you feel well enough, we will assist you to get up and about. This is usually after about 6 – 8 hours
- You are advised to have no more than 2 visitors in the 24 hours after your operation
- Support will be given to help you establish your chosen feeding method
- Your operation dressing usually remains in place for 5 days and any stitches that are not dissolvable will be removed at the same time

The length of your stay in hospital will depend on your needs and those of your baby.

You may find it helpful to read the information leaflet “**Frequently asked questions after caesarean**”.

You can use this code -



Other helpful information can be found on the Lancashire Teaching Hospital maternity leaflets website.

<https://www.lancsteachinghospitals.nhs.uk/maternity-leaflets>

## Future births

You will not necessarily need a caesarean for future births.

If your next pregnancy is problem free you have a good chance of a vaginal birth, indeed 3 out of 4 women will give birth vaginally following a caesarean section.

You may wish to read our leaflet vaginal birth after caesarean section (VBAC) which is available on the leaflet website above.

A short interval between births (12-24 months) increases the risk of complications and the need for a repeat caesarean birth.

Please see your GP or the family planning service for advice on contraception.

If you have any further questions, please ask your midwife or doctor.

## Contact details

Should you require further advice or information please contact

Maternity triage 01772 524495

Infant feeding Midwife 01772 524512

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

**Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.**

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہی۔ معلومات

**Arabic:**

مطبوعه بأ حروف كبير ة و بلغات إذا كنت تر يد مساعده في فهم هذه لمعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلوما ت

**Department:** Maternity Services  
**Division:** Women and Children  
**Production date:** February 2022  
**Review date:** February 2025  
**JR 737 v1**