

# The Schedule while you are in the hospital (for cesarean-section)

Name \_\_\_\_\_

Date	The day before the operation	The day of the operation	The first day after the operation	The second day	The third day	The fourth day	The fifth day	The sixth day
Interview	<ul style="list-style-type: none"> <li>Orientation</li> <li>We will ask a few questions about your condition, symptoms, allergies, and so on.</li> <li>We will show you around a room.</li> <li>We will give you a treatment plan.</li> </ul>	<ul style="list-style-type: none"> <li>get-up time 6:30</li> <li>Your family, please come to the hospital by 9 a.m.</li> <li>Visiting hours to babies                             <ul style="list-style-type: none"> <li>11:00-12:30</li> <li>14:00-15:30</li> <li>17:00-19:30</li> </ul> </li> <li>You can see your baby through the window.</li> </ul> <p><b>Congratulations on your new baby!</b></p>	<p>Please make an appointment for 10 days checkup.</p>	<ul style="list-style-type: none"> <li>Let's go to a babyroom and start breastfeeding from 1 p.m.</li> <li>Please prepare for that.</li> <li>Today's breastfeeding time                             <ul style="list-style-type: none"> <li>13:00</li> <li>16:00</li> <li>20:00</li> </ul> </li> <li><b>* Other than the above time, We might call you when your baby is hungry.</b></li> </ul>	<ul style="list-style-type: none"> <li>We will tell you how to bath a baby only for a primipara. We will tell you the date before that.</li> <li>A nutritionist from a formula company will tell you how to make baby formula.                             <ul style="list-style-type: none"> <li>Time : 11:00-11:30 (Tue or Thu or Sat)</li> <li>Place : at the cafeteria</li> </ul> </li> <li>Breastfeeding time                             <ul style="list-style-type: none"> <li>6:30</li> <li>10:00</li> <li>13:00</li> <li>16:00</li> <li>20:00</li> </ul> </li> <li><b>* We are feeding a baby during night so that you can take a rest.</b></li> </ul>	<ul style="list-style-type: none"> <li>Midwife will tell you how you should do after you are leaving a hospital.                             <ul style="list-style-type: none"> <li>Time : 11:00~11:30</li> <li>Place : at a babyroom or a cafeteria</li> <li>What day : Mon or Wed or Fri</li> </ul> </li> <li>Please make an appointment for 1 month checkup.</li> <li>Please bring a mother and child health handbook if you have, because we need to write down.</li> </ul>	<ul style="list-style-type: none"> <li>Congratulations. You're leaving a hospital before having lunch.</li> <li>Please bring your baby's clothes at 10 a.m. breastfeeding time.</li> <li>Be sure that you've got your baby's eye drops.</li> </ul>	
Treatment	<ul style="list-style-type: none"> <li>We will check your uterine contractions and your baby's condition. You need to put the monitor on for about 40 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>&lt;Before the operation&gt;                             <ul style="list-style-type: none"> <li>We will check a fetal heart beat.</li> <li>We will remove your hair around a surgical site.</li> </ul> </li> <li>&lt;During the operation&gt;                             <ul style="list-style-type: none"> <li>We will put you on an automatic blood pressure and an ECG monitoring.</li> <li>We will insert a urethral catheter.</li> <li>A doctor will insert an epidural tube.</li> </ul> </li> <li>&lt;After the operation&gt;                             <ul style="list-style-type: none"> <li>We will change your sanitary pads, sometimes.</li> <li>You can use painkillers.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>We will take a blood sample.</li> <li>If you have anemia, a doctor will prescribe some iron medicines.</li> <li>We will pull out the urethral catheter.</li> </ul>	<ul style="list-style-type: none"> <li>Let's take a picture of you and your baby at a babyroom.</li> <li>A doctor will pull out an epidural tube on your back. If you have a headache, please tell us before pulling out the tube.</li> </ul>	<ul style="list-style-type: none"> <li>We are feeding a baby during night so that you can take a rest.</li> </ul>	<ul style="list-style-type: none"> <li>A doctor will examine you. Please wait at your room until you are called. Time : 8:45-9:30 A doctor will give you the birth certificate.</li> </ul>		
Checkup								
Examination								
IV drip		<ul style="list-style-type: none"> <li>We'll give you an IV before the operation.</li> <li>We will give you an antibiotics IV right before the operation.</li> <li>We will keep an IV drip.</li> </ul>	<ul style="list-style-type: none"> <li>We will pull out the IV drip after checking if you can walk.</li> </ul>					<ul style="list-style-type: none"> <li>Don't forget to get some medicines if you asked.</li> </ul>
Medicines								
Meal	<ul style="list-style-type: none"> <li>You can eat dinner.</li> <li>Do not eat anything from 0 a.m.</li> </ul>	<ul style="list-style-type: none"> <li>Do not drink anything from 7 a.m.</li> <li>Don't drink anything until we will check if you can drink after the operation.</li> </ul>	<ul style="list-style-type: none"> <li>You can have meals. (Porridge→Ordinary diet) Have meals at your room.</li> </ul>	<ul style="list-style-type: none"> <li>We have celebration dinner, special lunch, special dinner and so on, after childbirth.</li> <li>Special lunch will be served on Monday and Thursday. Special dinner will be served on Tuesday or Friday. (Have fun at the cafeteria.)</li> <li><b>* Special dinner starts at 6 p.m. and finishes at 8 p.m. We're afraid that visitors will not be able to see mothers during the time.</b></li> </ul>				<ul style="list-style-type: none"> <li>No lunch</li> </ul>
Cleanliness	<ul style="list-style-type: none"> <li>You can take a shower after we will check your belly button.</li> </ul>	<ul style="list-style-type: none"> <li>When you get up, please change clothes and put on compression socks to prevent VTE (It's the same as an economy symptom syndrom).</li> </ul>	<ul style="list-style-type: none"> <li>We will wipe your body and help you change clothes.</li> </ul>	<ul style="list-style-type: none"> <li>You can change to a new clothes anytime.</li> <li>You can take a shower everyday after a doctor will pull out a tube on your back.</li> </ul>				<ul style="list-style-type: none"> <li>Don't take a bath, take a shower until 1 month checkup.</li> </ul>
Dressing								
Activities	<ul style="list-style-type: none"> <li>You are free to go around in the hospital. Have a good rest at night.</li> </ul>	<ul style="list-style-type: none"> <li>After the operation, we will help you turn your body so that you prevent a bed sore.</li> </ul>	<ul style="list-style-type: none"> <li>You are going to try walking. (First time you want to go to toilet, please call us) •• After that, you can walk around yourself.</li> <li>If you will be fine, we will take you to a babyroom to see your baby.</li> </ul>					
Your baby's plan		<ul style="list-style-type: none"> <li>After babybirth, we'll check your baby's condition and a blood glucose level.</li> <li>Your baby is going into an incubator to keep him or her warm.</li> <li>We will give your baby Vit.K. syrup and some formula.</li> </ul>	<ul style="list-style-type: none"> <li>Your baby is going out of an incubator after we check if your baby will be fine.</li> <li>We will bath your baby and check a general condition every morning.</li> <li>We'll check babies' jaundice everyday, and take a blood sample if need be.</li> </ul>	<ul style="list-style-type: none"> <li>Please tell us if you'd like to spend time with your baby at your room. (It's available if you use a single room.)</li> <li>A pediatrician will check up your baby.</li> <li>We will perform a hearing test if you have a request.</li> </ul>	<ul style="list-style-type: none"> <li>We will give your baby Vit.K. syrup.</li> </ul>	<ul style="list-style-type: none"> <li>We will take a blood sample to check inborn errors of metabolism.</li> </ul>	<ul style="list-style-type: none"> <li>* If a pediatrician could happen to check up your baby this day, you will leave a hospital in the afternoon after having lunch</li> </ul>	
Paperwork	<ul style="list-style-type: none"> <li>Please bring your Hospital Admission Application form and your Health Insurance card to the reception desk on the 1st floor.</li> <li>Please bring the document of Lump-Sum Allowance of the Childbirth if you have, as fast as you can.</li> </ul>		<ul style="list-style-type: none"> <li>If you'd like to know a rough estimate, please tell us.</li> </ul>					<ul style="list-style-type: none"> <li>You will get a bill at around 11 a.m. Please wait at your room. (A debit card or a credit card are acceptable.) (If you will leave on holiday, you should pay on the day before that.)</li> <li><b>* You need to bring your patient ID card, when you pay the bill.</b></li> </ul>
Payment								

\* We are sorry, but it is not available on Sunday and holiday.

\*There might be a change in schedule.