



## **Patient Instructions: Cesarean Section**

After you and your provider have decided that a Cesarean Section delivery is advisable, your provider will schedule the date and time of your surgery.

### **1 week prior to your Cesarean Section:**

Once the date is selected, NY Methodist Pre-Surgical Testing Department will contact you to schedule your pre-surgical testing (PST) appointment. At this appointment you will review your medical history, have blood work drawn, and meet with an anesthesiologist to discuss anesthesia for the procedure. This appointment usually occurs 3-5 days prior to your procedure.

If you are on blood thinners or aspirin, discuss with your provider when to discontinue your medication.

If you do not hear from PST one week prior to the scheduled date of your Cesarean section please contact our office manager at 718-680-8383.

### **The day of your Cesarean Section:**

Arrive and check-in at the Labor and Delivery Unit two (2) hours prior to your scheduled cesarean section.

**Do not eat or drink anything from midnight the night  
prior to your scheduled cesarean section.**

**Wear comfortable and loose fitting clothing.  
Refrain from bring any jewelry or expensive items.**

**Labor and Delivery  
NY Methodist Hospital**  
4th Floor Carrington Pavilion  
506 6th Street  
Brooklyn, NY 11215  
718-780-3731

**PreSurgical Testing  
NY Methodist Hospital**  
1st Floor, Kirkwood Pavilion  
506 6th Street  
Brooklyn, NY 11215  
718-780-5060