

Enhanced Recovery

Congratulations on the upcoming birth of your baby! Knowing what to expect before, during and after your delivery can reduce your fears and allow you to have the best possible birth experience.

Follow these steps for a **STRONG START**

Enhanced Recovery After Delivery (ERAD) ERAD promotes your participation in a step-by-step plan that helps patients feel better and recover faster. Preparation starts before delivery.



Preparing your body for delivery will:





- Reduce nausea/vomiting after surgery
- Reduce pain
- Support good blood sugar levels to fuel recovery
- Promote healing and reduce chances of developing a post-delivery infection

OB PACE Appointment Date/Time:

Cesarean or Induction Birth Date/Time:

Before Your Delivery

	Before delivery	1 day before a scheduled delivery DATE: _____	The morning of delivery DATE: _____
Medications 	Take medications as prescribed. Ensure your doctor is aware of all current medications you are taking, including over-the-counter drugs and herbs.	Take medications as prescribed.	Take medications as directed by your doctor or as discussed at your OB PACE appointment, with sips of water.
Diet 	<p>Eat a well-balanced diet. Drink plenty of water & fluids.</p> <p>Because protein encourages healing, eat a minimum of 60 grams of protein per day, split between 3 meals. (There are about 7 grams of protein in 1 ounce of cooked meat, poultry or seafood.) 60 grams should not be in one meal.</p> <p>If needed, supplement protein from meals with up to 3 protein shakes during the day (Ensure Enlive, Ensure Plus or Boost Plus).</p>	<p>Continue a well-balanced diet.</p> <p>If scheduled for a Cesarean Section or Induction: Stop eating all solid foods 8 hours prior to scheduled arrival time. No protein shakes, no creamer, no milk.</p> <p>You may drink the following approved clear liquids until 2 hours prior to scheduled arrival time for delivery.</p> <p>Approved clear liquids:</p> <ul style="list-style-type: none"> • Water • Flavored water • Apple juice • Cranberry juice • Black coffee (nothing added) • Tea (nothing added) • Gatorade <p>Diabetic and Gestational Diabetic approved clear liquids: water, flavored water, tea (nothing added), black coffee (nothing added)</p>	<p>Stop drinking clear liquids 2 hours prior to scheduled arrival time for a Cesarean delivery or induction.</p> <p>Stop drinking liquids at: _____</p> <p>For Vaginal Delivery: Upon arrival your caregivers will evaluate if it is safe for you to resume consumption of clear liquids.</p>

	Before delivery	1 day before delivery	The morning of delivery
Activity 	If you do not regularly exercise, begin walking 15 minutes per day .	Continue your normal activity or walking.	Continue your normal activity or walking.
Showering or Bathing 	Use of clean towels, linens and clothing before and after delivery can reduce bacteria on the skin and prevent infections. Do not shave or wax incision or groin area 48 hours before scheduled delivery.	Wash hair. Shower with antimicrobial soap (Like Dial) or Hibiclens. Remember not to shave the incision or groin area. If you received chlorhexidine (CHG) wipes, follow directions provided and wipe after shower, once skin is cool and dry.	Shower with antimicrobial soap or Hibiclens. Report changes in physical condition to hospital staff, such as sore throat, cold, fever, cuts or rashes. Upon arrival, if scheduled for a cesarean section, hospital staff will clip excess hair near incision area and wipe abdomen with chlorhexidine wipes.
Tobacco or Nicotine Use 	If you smoke, vape or chew tobacco, it is strongly recommended to stop IMMEDIATELY . Tobacco/nicotine use impacts recovery after surgery. It can weaken the immune system, reduce oxygen levels and slow the wound healing process.	Do not smoke/vape/chew at least 24 hours before your delivery.	If you stopped tobacco/nicotine use, don't start again after delivery. Your lungs and your body will thank you!
Preparing for Baby 	The hospital will need to know the name of the pediatrician you have chosen to care for your baby. Please call the Pediatrician to make arrangements before delivery. Make sure you have a car seat ready to bring to the hospital for your baby on the day of discharge. Check car seat expiration date to ensure infant safety.	Ensure your bag is packed for your hospital stay. Leave jewelry and valuables at home.	Share your infant feeding preference with your care team.

***Thank you for partnering with us to enhance your recovery.
We want you to have the best possible delivery experience!***