



Preparing for Your Procedure on: **Labor and Delivery**

At Mount Sinai, the health and safety of you and your baby are our top priorities. But that's not all – we also want to make sure your child's birth is a positive, memorable experience for you and your family. Knowing what to expect before your procedure can help you feel more prepared. Remember: every labor and delivery is unique, and your care will be tailored to your needs.

Your Procedure Information

DATE	TIME
ARRIVAL TIME (TWO HOURS EARLY)	
PROVIDER OR PRACTICE NAME	
PROCEDURE TYPE	
<input type="checkbox"/> Cesarean <input type="checkbox"/> External Cephalic Version <input type="checkbox"/> Cerclage Removal	
<input type="checkbox"/> _____	
REASON FOR PROCEDURE	

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Preparing for Your Procedure on: **Labor and Delivery** (continued)

When to Stop Eating and Drinking

Do not eat anything eight hours before your procedure. You may drink clear liquids up to two hours before your procedure. If you do not follow these instructions, your procedure may be delayed.

When to Arrive

Please arrive two hours before your scheduled procedure. We will do everything we can to begin on time. Sometimes there is a delay due to unexpected circumstances.

Your Care: What to Expect When You Get Here

- You will change into a hospital gown.
- A member of your care team will place an IV in your arm.
- We will monitor your baby and make sure both you and baby are safe and healthy.
- We may collect blood from you.
- An anesthesiologist will meet with you to discuss your plan for anesthesia.

Your Partner or Support Person

- Your support person will change into a white jumpsuit.
- They will wait in pre-op until everyone is ready for the procedure.
- If the procedure is a cesarean delivery or external cephalic version, they will join you in the operating room.

Postpartum

After delivery, we will make every effort to place you in a single-bed room. However, if none are available, you may be placed in a shared room, and may or may not have a roommate. We have a limited number of upgraded rooms. Depending on availability, one may be reserved for an additional cost, paid immediately after delivery.

Your care team is here to support you every step of the way. Please let us know if you have any questions or concerns, and we will make sure you have all the information you need.

Contact Us

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February 2024

