

Information for a support person attending a caesarean birth

A support person is present at a caesarean birth to provide moral support and encouragement for the woman giving birth.

The woman's caesarean section is done while she is awake under epidural/spinal anaesthesia. If the woman becomes unwell, the surgery will be performed under a general anaesthetic (i.e. she will be asleep) and you will be asked to leave the theatre.

Only one support person is able to come into the theatre. This restriction is because of:

- occupational safety and health risks to the staff and support person
- limited space available within the operating room.

Appropriate clean and covered footwear must be worn at all times (NO THONGS).

You will be supplied with:

- Disposable theatre clothing to put on over your clothes
- A disposable hat to wear for the time you are in theatre
- A name tag (white sticker with your name on) so we can identify you as the support person

Please note:

Children are not permitted in the theatre and should not be left unsupervised in the waiting room. Childcare must be arranged prior to arriving at theatre.

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While the woman you are supporting is having her epidural/spinal anaesthetic, you will be asked to wait in the lounge area near the lifts on Level 2 outside theatre. A comment book has been provided for you to record your thoughts and feelings.

You can bring a camera with you to take photos of the baby and mother. Only still photography is permitted in theatre, no video recording of any type is allowed. Please refrain from taking photos of the staff or the operation.

Please remain seated whilst in the operating theatre for your safety unless requested otherwise. Always remain seated whilst holding the baby.

After the caesarean section is finished you will be asked to wait on the ward until the woman returns. Support people are not permitted in the recovery room unless approval has been given by theatre staff. Please remove your disposable theatre clothing and place in the rubbish bin outside of recovery before leaving the theatre suite. If the baby is being transferred directly to the ward or special care nursery by the midwife, you can accompany them.

If you are unsure of anything while in theatre please ask a staff member.

We hope that you have an enjoyable theatre experience.

Produced by: Obstetrics and Gynaecology CCU

Email: ogccu@health.wa.gov.au

Web site: <http://wnhs.health.wa.gov.au>

© April 2008 WNHS 0491 Rev 1

Revised August 2010

WOMEN AND NEWBORN HEALTH SERVICE

King Edward Memorial Hospital

374 Bagot Road Subiaco WA 6008

Telephone: (08) 9340 2222



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Department of Health



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