

"Stop Sipping Keep Drinking" Initiative

Keeping hydrated before your elective caesarean is a key part of improving your birth experience and recovery after delivery.



THE RISKS

Dehydration can increase the chance of developing low blood pressure, blood clots and nausea and vomiting during and after caesarean which can negatively impact your experience

WHAT CAN I DRINK

Safe drinks:

- water
- black tea or coffee (WITHOUT milk)
- isotonic drinks (these are NON FIZZY energy drinks such as: Lucozade sport, Poweraid, Gatoraide)



IS IT SAFE?

The majority of planned caesarean sections take place under regional anaesthetic so **it is safe to keep drinking** until we call you

Previously we advised women to "keep sipping" water until being called however women still felt thirsty so we are changing this to "keep drinking".

EXCEPTIONS

If the following apply to you then you should not drink fluids 1 hour before your caesarean:

Planned general anaesthetic

If you have been told by your anaesthetist

