

剖腹产准备说明

Instructions to Prepare for Your Cesarean Birth (Chinese)

您的剖腹产（手术）安排在： _____ （日期）

Your cesarean birth (surgery) is scheduled for: _____ (date)

- 生产中心的护士会在手术前一天打电话给您，回答您的问题，并给于指导，来协助您做好准备。
- A nurse from the Birth Center will call you the day before your surgery to answer questions and give you instructions to help you prepare.
- 护士还将告知您的抵达时间和计划手术时间。如果手术因故推迟，我们将尽快通知您。
- The nurse will also share your arrival and planned surgery times. If your surgery is delayed for any reason, we will let you know as soon as possible.

我该如何为预定的剖腹产做好准备？

How do I prepare for my scheduled cesarean birth?

预定剖腹产前 1-3 天： 1-3 days before your scheduled cesarean birth:

- 去密西根医学部的任一抽血站点抽血，来查验您的血型和血球计数。在线查询位置：mlabs.umich.edu/blood-draw-station

- Get your blood drawn at one of Michigan Medicine’s blood draw sites to check for your blood type and blood count. Find a location online at: mlabs.umich.edu/blood-draw-station
 - 您将从抽血化验室收到一张带有黄色贴纸的蓝纸。去剖腹产时请随身携带。
 - You will receive a piece of blue paper with a yellow sticker from the blood draw lab. Please bring it with you to your cesarean birth.
- 手术前至少 3 天不要在阴部或腹部周围剃毛或使用脱毛产品。
- Do not shave or use hair removal products around your pubic area or stomach for at least 3 days before surgery.
- 保持指甲清洁、修剪整齐，不要使用指甲油或人造指甲产品。
- Keep your nails clean, trimmed, and free of polish or artificial nail products.
- 手术前一天停止抽吸烟草制品，并停止饮酒。
- Stop smoking tobacco products and stop drinking alcohol the day before your surgery.
- 照常服用所有药物，除非医生告诉您不要这样做。
- Take all your medications as usual, unless your doctor tells you not to.
- 手术前一晚，用皂液或新的抗菌肥皂（如 Dial® 或 Hibiclens®）淋浴或沐浴。
- In the evening before your surgery, shower or bathe with a liquid or new bar of antibacterial soap such as Dial® or Hibiclens®.
- 手术前一晚，睡在干净的床单和被单上。
- Sleep with clean linens and sheets the night before your surgery.

预定剖腹产当天: On the day of your scheduled cesarean birth:

- 在手术当天再一次用皂液或新的抗菌肥皂（如 Dial® 或 Hibiclens®）淋浴或沐浴。
- Once again, shower or bathe with a liquid or new bar of antibacterial soap such as Dial® or Hibiclens® on the day of your surgery.
 - 请勿涂抹任何除臭剂、乳液、面霜、粉末、化妆品或香水。
 - Do not put on any deodorant, lotions, creams, powders, makeup, or perfume.
 - 刷牙并用水漱口。Brush your teeth and rinse your mouth with water.
 - 穿着干净、宽松的衣服。Dress in clean, loose-fitting clothes.
- 将抽血时所给的有黄色贴纸的蓝色纸张带到医院。
- Bring the blue paper with the yellow sticker on it from your blood draw to the hospital.
- 带上您的事前指示书文件（如果有的话）。
- Bring your Advance Directive document (if you have one).
- 可以戴眼镜。如果戴隐形眼镜，请带上眼镜盒（因为可能需要在手术前取下隐形眼镜）。
- You may wear eyeglasses. If you wear contact lenses, bring your case (as you may need to remove your contacts before surgery).
- 请将所有贵重物品留在家中，包括结婚戒指和其他首饰。
- Leave all valuable items at home, including wedding rings and other jewelry.

- 手术前 8 小时，停止进食。** 不要吃任何东西，包括口香糖或糖果。您可以继续饮用澄清流质（如水、苹果汁、运动饮料、咖啡和茶）。不要喝奶精、任何奶类、含果肉的果汁或现榨苹果西打。
- 8 hours before surgery, stop eating.** Do not eat anything, including gum or candy. You can continue to drink clear liquids (like water, apple juice, sports drinks, coffee, and tea). Do not drink creamer, milk of any kind, juice with pulp, or apple cider.
- 手术前 2 小时，停止喝东西，包括水。**
- 2 hours before surgery, stop drinking everything, including water.**

前往医院时: When you travel to the hospital:



- 在线查询路线或使用共乘应用程序，请用以下地址 1540 East Hospital Drive, Ann Arbor, MI 48109。
- Use the address 1540 East Hospital Drive, Ann Arbor, MI 48109 for online directions or rideshare apps.
- 将车停在 P4 访客停车场，或在妇女儿童医院门口East Hospital Drive的环形车道使用代客泊车服务。
- Park in the P4 Visitor Parking structure or use the valet services at the Children's and Women's Hospital circle drive on East Hospital Drive.
 - AATA安娜堡巴士4号线和23号线停靠站点在医院入口对面的街道上。
 - AATA buses #4 and #23 stop across the street from the hospital entrance.

到达医院时: When you are at the hospital:

- 在方·英格兰德妇女医院 9 楼的生产中心分诊台报到登记。

- Check in at the Birth Center Triage desk on the 9th floor of Von Voigtlander Women’s Hospital.
- 您只能带 1 名支持人员**（伴侣、配偶、朋友或家人）进入术前（“pre-op”）区域和手术室。
- You may bring only 1 support person** (partner, spouse, friend, or family member) with you into the pre-surgery area (“pre-op”) and into surgery.
- 生产中心等候区的空间有限。** 请让其他家庭成员在家等待，至少等到预定手术时间 3 小时后再前往医院探望您。
- Space in the Birth Center waiting areas is limited.** Have other family members wait at home until at least 3 hours after your scheduled surgery time before coming into the hospital to visit you.
- 将您的行李箱和婴儿安全座椅留在车内，直到我们将您转移到产后病房。
- Leave your suitcase and infant car seat in your car until after we move you to your postpartum room.

手术后：After your surgery:

<p>扫描此二维码以获取更多有关预防感染和保持切口（手术时的切口）清洁干燥的信息。此信息为英文。</p> <p>Scan this QR code for more information about preventing infections and keeping your incision (the cut made during your surgery) clean and dry. This information is in English.</p>	
<p>扫描此二维码以获取更多有关剖腹产后恢复的信息。此信息为英文。</p> <p>Scan this QR code for more information about recovering after a cesarean birth. This information is in English.</p>	

更多有关信息，请查看《您的剖腹生产：方·芙格兰德妇女医院生产体验指南》手册。

Department of Obstetrics and Gynecology
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For more information, review the booklet “Your Cesarean Delivery: A Guide to Your Birth Experience at Von Voiglander Women’s Hospital.”

其他注意事项: Other instructions:

如有问题或疑虑, 请致电生产中心分诊处 **(734) 764-8134**。

For questions or concerns, call Birth Center Triage at **(734) 764-8134**.

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