

The Women's **Wellness** Centre

Elective Caesarean Section Preparation Class

run monthly by our midwives Samantha and Kristina of whom both have extensive experience of elective caesarean section birth at The Kensington Wing & The Portland Hospital this informative and unbiased x3 hr class is tailored to couples whom are required to, wish to or are thinking of delivering their babies by elective caesarean section (ELCS)

£125 per couple

Our 3 hour course covers:

- Preparing your hospital bag
- Writing your birth plan
- Preparing your body for the caesarean section and life with a baby
- Signs of early labour and what to do if labour starts.
- Pre operative preparation (blood tests, consent forms, pre medication and nil by mouth guidelines)
- Anaesthesia
- The ELCS procedure
- Birthing Partners role
- Breathing for relaxation (mum & dad!)
- Your baby at Birth
- 1st few hours with your baby and initial recovery
- Pain relief after surgery
- Feeding your baby after ELCS
- Your hospital stay & leaving the hospital
- The early postnatal period – what to expect
- Ongoing recovery & your next birth



We book only a maximum of 6 couples per course
Light refreshments are provided throughout the course

To book your place onto our popular course please email gaynor@womenswellnesscentre.com or call 02077514488

An Obsgyn**Care** facility at 204 Fulham Road