

Natural caesarean section *gentle caesarean section*

Introduction

At Amstelland Hospital, you can opt for a natural caesarean section (*gentle caesarean section*).

What is a natural caesarean section?

If you opt for a natural caesarean section, you, the parents, will not be separated from the child during or after the operation. This separation does happen during a 'normal' caesarean section. A lumbar puncture is used as an anaesthetic during the operation, so that you are aware of your child's birth. The surgical gown can be pulled down so that you can see the birth of your child. The baby will then be dried off and examined by the paediatrician in the presence of your partner. Afterwards, the baby will be immediately covered up warmly and placed on your chest (skin-to-skin contact). We use the HugMee for this, a special jacket (sling) that you will already have on before the surgery on the ward.



The HugMee enables your baby to stay with you immediately after the delivery with safe and undisturbed skin-to-skin contact: from the birth through the

return to the ward after the operation. In principle, you can keep your baby in the HugMee on your chest for as long as you want.

Skin-to-skin contact immediately after birth is essential for the child's bonding. This is especially true for the first hour after the birth. This hour is also called the 'Golden Hour' or the 'Secret Hour'. It is the time when the foundation is laid for the baby's healthy socio-emotional, cognitive and motor development. Uninterrupted skin-to-skin contact ensures that the heart rate, breathing, blood pressure, blood sugar and temperature of the baby are optimal, and it reduces stress and pain for mother and child alike. Furthermore, this stimulates for mother and child the reflexes necessary to start and then to continue the breastfeeding.

A natural caesarean section in combination with the HugMee replicates the situation of a vaginal birth as much as possible.

Why undergo a natural caesarean section?

Skin-to-skin contact is very important for the bond between mother and child and to successfully begin breastfeeding.

In addition, a natural caesarean section is a far more positive experience because mother, father and child can stay together and the parents are more aware of the birth.

Support

A Maternity Ward nurse will continually accompany you from your pre-admission to the Maternity Ward to the delivery in the OR and through to the recovery room.

She will pass the baby from the gynaecologist to the paediatrician during the operation and, immediately afterwards, she will ensure that you and your child have skin-to-skin contact.

During the entire process from admission through arrival at the Maternity Ward, she will answer your questions and help place your child on your chest.

Safety first!

Because the safety of mother and child is paramount, your baby will stay with you and your partner as long as he or she is in good condition and there are no complications during or after the operation.

When is a natural caesarean section not possible?

A natural caesarean section is only possible if it is a planned caesarean section and if mother and child do not develop any additional issues. If you, the mother, have HELLP syndrome, and should an emergency caesarean section become necessary or other problems develop, a 'normal' caesarean section will have to be performed.

Planning

If you prefer to have a natural caesarean section, discuss whether or not this is possible with your gynaecologist. You can indicate this when planning the caesarean section, usually after approximately weeks 34-36 of the pregnancy.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.