



Your caesarean section and enhanced recovery diary

Women's Hospital



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yeovilhospital.nhs.uk



You and your birth partner can fill out this diary before and after your caesarean section. It will help you to keep on track with your recovery.

Your midwives and doctors will use it to collect information about your views of your recovery, to help other women who need to have a caesarean section.

Please circle or tick when the task is completed:
Night before

- Take ranitidine tablet 10pm

Day of the caesarean section

- Nothing to eat from 2am
 Isotonic drinks drunk by 6am
 Nothing to drink from 6am
 Take ranitidine tablet at 6am

After the birth

0 - 1 hours:

Have you had skin to skin with your baby? Y / N

Have you had a drink? Y / N

Is your pain well controlled ?   

2 - 4 hours:

Have you fed your baby? Y / N
(Don't forget to ask for help if you need any)

Have you had something to eat?
If not, why not? Y / N

Are you drinking plenty? Y / N

Is your pain well controlled?



Have you been given your own pain medication?

Y / N

Have you taken your first paracetamol dose?

Y / N

4 - 8 hours:

Have you fed your baby?

Y / N

Has your catheter been taken out?

Y / N

Is your pain well controlled?



(Don't forget to ask for additional pain relief if you need it)

12 hours

Have you fed your baby?

Y / N

Have you been out of bed and walked around?

Y / N

Have you passed urine?

Y / N

Are you up to date with your pain relief?

Y / N

Is your pain well controlled?



(You can ask for additional pain relief if you need it)

Comments about how you are feeling:



12 - 24 hours:

Is your baby feeding well?
(Remember to ask for help if you need it) Y / N

Are you moving around without much difficulty? Y / N

Are you eating and drinking normally? Y / N

Have you taken your pain medication regularly? Y / N

Is your pain well controlled?   




Day 1

Have you had your check-up with the doctor? Y / N

Has your baby had his/her Newborn Examination by the
paediatrician? Y / N

Is your baby feeding well?
(Remember to ask for help if you need it) Y / N

Are you up-to-date with your pain relief? Y / N

Is your pain well controlled?   

Do you feel ready to go home? Y / N
(Please discuss this with your midwife or doctor if you have any concerns)

Please use this space to comment on how you are feeling at this stage... (How is your pain?)

Day 2

How are you feeling?



How well is your pain controlled?



Is your baby feeding well?

Y / N

Did you have a visit from a midwife or MSW today? Y / N

Please use this space to comment on how you are feeling...

Day 3

How are you feeling?



How well is your pain controlled?



Is your baby feeding well?

Y / N

Please use this space to comment on how you are feeling...

You can call and speak to a midwife anytime if you have any concerns or questions 01935 384350 / 384303

Day 4

How are you feeling?



How well is your pain controlled?



Is your baby feeding well?

Y / N

Please use this space to comment on how you are feeling...

You can call and speak to a midwife anytime if you have any concerns or questions 01935 384350 / 384303

Day 5

How are you feeling?



How well is your pain controlled?



Do you know where/when you are seeing your midwife for your check up and your baby's heel prick test? Y / N

(If not please ring 01935 384303 and speak to a midwife)

Please use this space to tell us about your recovery...

Further information

- Don't forget to make your postnatal appointment with your GP for when your baby is six weeks old.
- You can buy simple paracetamol and ibuprofen 'over the counter' but if you feel you need something stronger please see your GP.
- Your midwife will collect this diary when you see her for the baby's heel prick test.

If you would like this leaflet in another format or in a different language, please ask a member of staff.

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