

MEDICINES/TABLETS

Please take all your prescribed medicine on the day of surgery with a sip of water unless otherwise directed by your doctor, nurse or midwife.

<u>Drug Name</u>	<u>Dose</u>	<u>Direction</u>
Ranitidine (Zantac) 150mg	1 Tablet	Please take in the evening before your ECV
Ranitidine (Zantac) 150mg	1 Tablet	Please take at 7am on the day of the ECV with 1-2 glasses of water

Do Not take Indigestion remedies, iron or calcium preparations with Ranitidine.

DIABETES MANAGEMENT

Follow the instructions from your Diabetes Midwife

INSTRUCTIONS FOR THE DAY OF YOUR ECV

In order to prevent infection, please have a bath or shower and wash your hair either the night before or the morning of your ECV.

Please remove any make up, nail polish and jewellery before coming to hospital.

Please leave all valuables at home.

Do not drive yourself to the hospital, and make sure there is someone available who can drive you home after the procedure. You can normally restart driving the next day.

HAVING A SPINAL ANAESTHETIC FOR ECV

Having a spinal anaesthetic makes an ECV more comfortable, and more likely to succeed in turning your baby to a head-down position. A spinal anaesthetic uses a very fine needle to inject medicine around the nerves in your back, temporarily blocking pain messages from the lower half of your body, as well as blocking messages to muscles in this part of the body for a few hours. Although usually this causes no problems for you or your baby, the injection can cause your blood pressure to fall, which can be easily treated, as well as short-lived nausea, itching, shivering or a headache. Temporary bruising to the nerves in your back is rare – less than 1 in 2000 women. Permanent damage to these nerves is extremely rare, affecting less than 1 in 82,000 women. Your anaesthetist will talk to you about the anaesthetic before the procedure and answer any questions you may have.

CONDUCT OF SUPPORT PERSON IN OPERATING THEATRE/RECOVERY

One support person is usually permitted with you in the theatre, however they must follow the instructions of the theatre staff at all times.

Use of mobile phones for making and receiving calls is not permitted, and these should be placed in silent mode.

Photography or video of Medical Procedures, Anaesthetic or Theatre staff without their express consent is not permitted. The support person will be asked to leave the theatre if required for safe care of mother and baby, or if a General Anaesthetic is required.

GENERAL HOSPITAL INFORMATION

What to Bring

Please bring the following items with you if you require them:

- Any hand held notes from your LMC
- All your medicines, inhaler/s, creams etc

Smoking

All patients are asked about their smoking status on admission and people who smoke will be offered nicotine replacement therapy to reduce their cravings while in hospital. Auckland City Hospital has a smoke free policy: this requires anyone wishing to smoke to do so off the hospital site.

Parking

Visitors and patients to Auckland City Hospital should use Car park A. This is situated at the front of the hospital and accessed from Park Road. There is a free 15 minute drop off and pick-up zone in this car park.

Transition Lounge

After the procedure you will be transferred from the recovery room to the Transition Lounge to be collected by family or friends. The Transition Lounge provides experienced nurse to supervise your care until family or friends are ready to collect you from hospital and your anaesthetic has fully worn off. It is located on Level 5, just inside the main entrance to the Support Building. It is open from 9am until 7pm Monday to Friday.

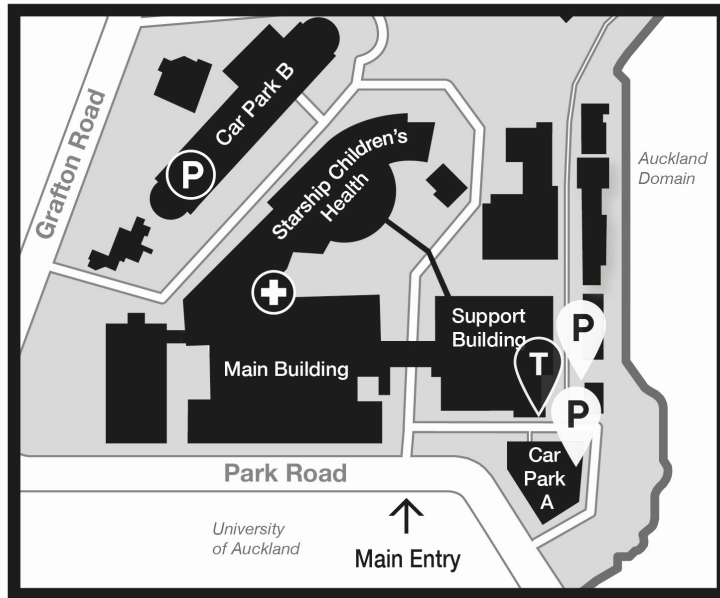
Going Home

You will be allowed home once you are able to pass urine and walk around. It is normal not to feel the baby move until the anaesthetic has worn off, but if you have any concerns about your baby once you go home please follow your LMC's (Lead Maternity Carer) instructions or phone Labour and Birthing Suite on 09-307 2888 for advice.

MAP of AUCKLAND CITY HOSPITAL

Patient Label

ARRIVING & DEPARTING AUCKLAND CITY HOSPITAL



P Drop off & Pick up zones
 15 minute pick up & drop off zones are located in Car Park A and adjacent to the Transition Lounge. Enter from Park Road, then turn up the ramp onto the left hand lane towards the Support building.

Ordering a taxi
 The transition lounge nurses can arrange for your choice of taxi to collect you from the lounge.

Shuttle Buses
 Shuttle buses stop at the lounge to collect booked passengers.

T Transition Lounge
 This is on level 5 in the Support Building, near the entranceway.

INSTRUCTIONS FOR THE DAY OF EXTERNAL CEPHALIC VERSION (ECV)

Date of your ECV:	
Arrival time:	7.30 am
Nil by Mouth - food	2 am
Nil by Mouth – water	7 am
Ranitidine to be taken at:	10pm & 7am

NO CHEWING GUM, MINTS OR MILK

ON THE DAY OF ECV please present to: (see map on back)

Auckland City Hospital Level 9 ORDA (Operating Rooms on Day of Admission) where you will be prepared for your procedure. You will be seen by a Midwife, Obstetrician and Anaesthetist, and you will be given the opportunity to ask questions. **You can have one person stay with you while you wait for your procedure.**

Time of procedure is approximate only, and can be affected by emergency cases. We will keep you informed if a significant delay is likely.

If you go into Labour prior to your ECV, please follow your LMC's (Lead Maternity Carer) instructions or phone Labour and Birthing Suite on 09-307 2888 for advice.

If you have any other questions or cannot attend for your scheduled ECV please contact the Level 9 Duty Manager by phoning the Contact Centre on 09-307 4949.