

Where to go the day of your C-section

Patient Registration

Arrive at the Main Entrance of Northern Light Eastern Maine Medical Center, 489 State Street in Bangor. For convenience, you may drop your vehicle with our free valet parking service.

Proceed to Patient Registration in main lobby of the Penobscot Pavilion, located just past the large staircase. Please stop by the information desk near the Main Entrance should you need directions or additional assistance.

Important Note:

We do everything possible to keep your appointment time, but we sometimes have to make last-minute changes to the schedule. Please make sure we have your alternate contact information so we can keep you informed of any changes. Thank you for your help in ensuring a positive experience!

The Surgical Navigation Department is here to serve you as you prepare for surgery. If we can be of assistance, please contact us at the number below.

Northern Light Surgical Navigation

Monday through Friday

Office: 207.973.5456

Patient Registration: 207.973.8050

Labor & Delivery: 207.973.8770

Keeping in touch

We know that preparing for your C-section may feel overwhelming. Our team is here to help you navigate the process from beginning to end. Please contact us at your convenience if you have any questions or concerns.

- If you become ill or have other problems on the morning of your cesarean section, please call Labor & Delivery at 207.973.8770.
- If you have general questions at other times, please call your primary care physician's office.
- If you have questions about your bill, call 207.973.5000 between 8 am and 4:30 pm or visit northernlighthealth.org

Northern Light Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, ethnicity, age, mental or physical ability or disability, political affiliation, religion, culture, socio-economic status, genetic information, veteran status, sexual orientation, sex, gender, gender identity or expression, or language.

French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement.
Appelez le 1-888-986-6341 (ATS: 711)

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
Llame al 1-888-986-6341 (TTY: 711)



Surgical Navigation

Preparing for your cesarean section (C-section)



Patient Name: _____

Date of Procedure: _____



Preparing for your C-section

There are several things you will need to do in the days before surgery to prepare for your procedure. Don't hesitate to contact us at your convenience if you have questions about how to prepare for surgery.

In the days leading up to your C-section:

- If registration has not contacted you prior to your appointment, please call them at 973-8900 or 1-888-973-8900 between 7 am and 7 pm, Monday-Friday.
- A nurse will call you prior to your surgery to review your health history, confirm your time, review your pre-surgery instructions, and answer any questions you may have. Please have a list of your medications, including dosage and frequency, available during this call.

What to eat and what to avoid

- Do not drink alcoholic beverages for 24 hours before or after surgery.
- Do not chew gum or eat candy after midnight the night before your surgery or the morning of your surgery.
- Do not eat or drink anything after midnight before surgery unless otherwise instructed by your physician and/or surgeon.
- If told to take medications the morning of surgery, you may take them with sips of water, up to four ounces total.

What to bring with you

- Bring a list of medications you are currently taking. If you use an inhaler, please bring it with you. If you use a CPAP machine and will be an inpatient after your surgery, please bring it with you. Otherwise, please do not bring medications unless asked to do so by our staff.
- Wear loose, comfortable clothes and bring minimal changes of clothing.
- Bring cases for your glasses, contact lenses, dentures, and/or hearing aids. You will not be able to wear them during surgery.

What to leave at home

- Do not wear jewelry or body piercings.
- Do not use scented deodorant, scented skin cream, perfume/cologne, nail polish, or dental adhesive. Visiting friends and family should also avoid wearing scented deodorant, scented skin cream, and perfume/cologne.
- Please leave valuables at home.