



Gentle sectio or natural caesarean section

Informationbrochure

01

Welcome

If a natural birth isn't possible, your baby will be born by caesarean section.

In case of a planned caesarean section in Sint-Trudo Hospital you can choose for a gentle sectio; a 'natural caesarean section'.

This brochure gives you all the information about the procedure. If you have any questions after reading the brochure, you can always contact our gynaecology department or the maternity ward H1.

02

Gentle sectio

Gentle sectio means 'soft' or 'friendly' caesarean section. The goal is to prevent mother, baby and partner to be separated. Therefore it is also called a **natural or family friendly** caesarean section.

The baby will be laid on the breast of the mother as soon as possible after the birth for skin-to-skin contact.



03

Gentle sectio versus regular caesarean section

The difference with a regular caesarean section is that with a gentle sectio a natural, vaginal birth is imitated, although it is still an operation.

- **The preparation:**

A gentle sectio still is a caesarean section and therefore an operation. The preparation is the same with both procedures.

- **The atmosphere:**

We want to make sure you, your baby and your partner have a calm and harmonious birth experience.

- **During the birth:**

During a gentle sectio a natural birth is imitated as much as possible.

- **After the birth:**

With a gentle sectio the baby can directly, or after a quick check-up by the physician, be laid with the mother.

04

Advantages

- Better bonding between mother and baby.
- Breastfeeding gets going faster.
- Better experience for mother and father.
- Mother needs less pain medication.

- Baby's are quieter, have a better bloodsugar, temperature and saturation and a stable heartbeat.
- The baby's start of life is more natural and less stressful.



05 Note!

The safety of mother and baby always prevails!

A gentle sectio can only be performed with low-risk pregnancy's above 37 weeks, planned caesarean sections and only if the staffing allows it.

Be sure to take a look at our webpage. Scan the QR-code below:





Questions?

Always try to contact your general practitioner first. If your general practitioner refers you or isn't available, you can contact:

department H1
tel.: 011 69 98 40

secretariat gynaecology
tel.: 011 69 94 85

[sint-trudo.be/en/departments/
maternity](https://sint-trudo.be/en/departments/maternity)



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