

# Family Centered Cesarean Birth (FCCB)

*If you have any further questions, please feel free to speak with your prenatal health care provider.*

As you prepare:

- + You are to complete all of your pre-testing prior to procedure.
- + It is recommended that you and your support person get a COVID PCR test at least 48 hours prior to your scheduled procedure.
- + Please note that your support person will be allowed to be with you during your whole hospital stay and must wear their mask at all times.

## Vocabulary

**Skin-to-skin:** the infant is placed on your chest when skin-to-skin occurs at birth, the baby is placed on your chest before their first bath.

**Delayed cord clamping:** the doctor will cut your baby's umbilical cord will clamped once it stops pulsating.

**Immediate skin-to-skin:** your baby is placed from your womb directly onto your chest. Your baby nurse will dry your baby while on your chest.

**Symbolic cutting:** although your doctor, separated you from your baby, the umbilical cord will be left long enough for you to cut again.

**Take a tour...  
of our Maternity Suites**



## Directions To Woodhull

760 Broadway  
Brooklyn, New York 11206

NYC Health + Hospitals/ Woodhull is located at the intersection of Broadway and Flushing Avenue.

### By Subway

Take the J, M, or Z train to Flushing Avenue. Take the elevators or stairs to reach the southwest corner of Broadway and Flushing, where the main entrance is located.

Alternatively, take the G train to Flushing Avenue, then take the B57 bus or walk three blocks east toward Broadway, and the main entrance.

### By Car

**From Brooklyn:** Take the Brooklyn-Queens Expressway (BQE) to the Flushing Avenue exit; turn right onto Flushing Avenue; then continue to Woodhull.

**From Queens:** Take the BQE to McGuinness Blvd (the first exit over the Kosciusko Bridge); at the third light, turn left onto Humboldt Street (under the bridge), which leads directly to Woodhull. You may take the Jackie Robinson (Interboro) Parkway, to the Bushwick Ave. exit; continue to Myrtle Ave; turn left on Myrtle and go to Throop Ave; turn right on Throop, then continue to Woodhull.

**From Manhattan:** Follow the Williamsburg Bridge to Broadway (the first exit), and turn left; go straight to Woodhull. You may take the Brooklyn Bridge, by going to Tillary St. (the first light); turn left and go to the BQE; exit at Flushing Avenue; turn right, then go to Woodhull.

### By Bus

B15, B40, B46, B43, B54, B57 and B62



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Designed by Medical Communications

# FAMILY CENTERED CESAREAN BIRTH



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## The Cesarean Birth Re-imagined...

### The Family Centered Cesarean Birth at Woodhull's Labor and Birthing Operating Suite

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Family Centered Cesarean Birth (FCCB) is also known as a gentle cesarean or natural cesarean. The FCCB transforms the sterile operating room environment into a special welcoming environment for you, your baby, and your family.

#### What happens in a Family Centered Cesarean Birth (FCCB)?

- + Witness birth through clear surgical drapes, sex announcement by your companion, delayed cord clamping, immediate skin-to-skin, immediate bonding and breastfeeding opportunities, symbolic cord cutting and non-separation of the family, all with your choice of music.

#### When is Family Centered Cesarean Birth (FCCB) would be offered?

- + FCCB is offered only if you and your baby are at low risk for problems during the cesarean birth.

#### Skin to skin:

- Helps you and your baby bond right away.
  - Can make breastfeeding easier.
  - Helps regulate the baby's temperature and blood sugar.
  - Might make you and your family feel happier with the birth experience.
- + You can choose to have music playing during the gentle c-birth.
  - + You can choose to watch the procedure and see your baby being born through clear drapes. You can also choose to see the baby right after birth without seeing the surgery.
  - + Your support person can participate in your gentle c-birth experience in our Labor and Birthing Operating Suite.
  - + You can choose a delay when the baby's cord is cut. You can choose to have a support person cut the cord.

#### Risks:

- + If you decide to delay when the cord is cut, you may lose some extra blood.
- + If you are worried about seeing blood or surgery blood through the clear drapes, speak to your provider.
- + It may be harder for the provider to examine your baby while he or she is on your chest, especially if there's low lighting and the drapes are in the way.

## Who cannot have a Family Centered Cesarean Birth FCCB?

You may not be eligible for a FCCB if

- + Your baby will be born before 39 weeks of pregnancy.
- + Your doctors have concerns about your baby's health.
- + Your doctors have concerns about your health.
- + You will need an emergency cesarean birth.
- + You will need general anesthesia (put to sleep all the way) for the operation.

If you have a high-risk pregnancy, you may be able to experience "parts" of the Family Centered Cesarean Birth. Feel free to discuss this with your providers.



Thank you for choosing

NYC Health + Hospitals/ Woodhull

as your hospital of choice!