**THE STEPS OF VAGINAL PREPARATION:**

**PREPARE THE PATIENT:**

1. Explain to the mother what is going to happen, ensure privacy and gain verbal consent. You want explain to the woman what you want to do and why and make sure she agrees to the procedure.
2. Make sure there are no contraindications to vaginal preparation
3. Vaginal preparation should take place in the operating theatre before the start of the caesarean section and before abdominal preparation

**PREPARE THE EQUIPMENT:**

1. Prepare the equipment – you will need gauze, a sponge holder / forceps and chlorhexidine or povidone-iodine solution in a dish.
2. Pour the antiseptic into the gallipot, wrap the gauze around the forcep making sure the metal tip is covered, soak the swab in the antiseptic.
3. Perform hand hygiene, put on an apron and wear gloves.

**VAGINAL CLEANSING:**

1. Pick up the gauze swab with the sponge holder and soak the gauze swab in the cleaning solution
2. Move the patient’s legs – abduct the knees to expose the perineum.
3. With one of your gloved hands, gently spread the labia apart and open the vagina
4. With your other hand, carefully insert the sponge holder / forceps holding the gauze to reach the level of the cervix
5. Gently rotate the sponge holder (forceps and the gauze) for 30 seconds, ensuring coverage of the cervix and upper vagina – To nsure the task is complete for 30 seconds whilst rotating you can sing one verse of happy birthday, in your head to time this!
6. Remove the gauze and dispose of it appropriately before proceeding with abdominal preparation for safe caesarean section

**DOCUMENTATION:**

1. Remember to include in the swab and instrument count for the procedure
2. Document in the patient notes that you have performed vaginal preparation.