Supplementary Material 1.

ANESTHESIA INFORMATION FORM FOR CESAREAN DELIVERY

1. Anesthesia Options for Cesarean Surgery

□ Spinal anesthesia

□ General anesthesia

2. What is Spinal Anesthesia?

Spinal anesthesia is a procedure in which medication is administered through a thin needle from the lower back region to numb the lower half of the body. No pain is felt during surgery. Sensations of touch, pulling, or pressure may occur. The mother is awake and can see her baby immediately after birth.

3. Advantages of Spinal Anesthesia

✔ The mother maintains her own breathing throughout the surgery.

✔ The baby can be seen immediately after birth.

✔ Early mother–infant contact can be provided.

✔ The mother can breastfeed her baby earlier.

✔ Nausea and vomiting are generally less common.

✔ Airway intervention (intubation) is not required.

✔ Postoperative pain control may be better.

✔ The mother may recover earlier after surgery.

4. What is General Anesthesia?

In general anesthesia, the patient is completely asleep and unconscious throughout the surgery.

5. Advantages of General Anesthesia

✔ It can be administered very quickly.

✔ It may be preferred in emergency situations.

✔ The patient does not remember anything during surgery.

✔ It can be used when regional anesthesia cannot be performed.

6. Disadvantages of General Anesthesia

• Placement of a breathing tube is required.

• Sore throat may occur.

• Nausea and vomiting may be more common.

• The mother cannot see her baby at the time of birth.

• The first mother–infant contact may be delayed.

• Some medications may affect the baby for a short time.

• The recovery process may be longer than with spinal anesthesia.

7. Frequently Asked Questions and Concerns

Question: Will I feel everything during surgery?

Answer: No. Pain is not felt; however, sensations of touch, pulling, or pressure may occur.

Question: Is the needle very painful?

Answer: The skin is numbed before the procedure. Most patients describe the procedure as short and tolerable.

Question: Will I become paralyzed?

Answer: Permanent paralysis is extremely rare.

Question: Does spinal anesthesia cause back pain?

Answer: It has not been shown to cause permanent back pain.

Question: Can I speak during surgery?

Answer: Yes. You can speak with the healthcare team if you wish.

Question: Can headache occur after spinal anesthesia?

Answer: It may occur in some patients; however, the risk is quite low due to the use of thin needles today.

Question: I am afraid of being awake during surgery.

Answer: During spinal anesthesia, the patient is awake. Pain is not felt, and communication with the healthcare team is possible.

8. Mother–Infant Interaction

✔ The baby can be seen immediately after birth.

✔ Early skin-to-skin contact can be provided.

✔ Breastfeeding can begin earlier.

✔ Active participation in the birth experience may be possible.

9. Postoperative Pain Control

Postoperative pain control may include paracetamol, nonsteroidal anti-inflammatory drugs, opioid medications when necessary, and regional blocks (such as TAP block) in some patients.

10. My Preference

I have read this information form and asked my questions.

□ Spinal anesthesia

□ General anesthesia