



## Mobility schedule after a c-section

Day 0	<p>6 hours after the caesarean section:</p> <ul style="list-style-type: none"> <li>• Bladder catheter is removed</li> <li>• Start mobilizing to the toilet/shower. The first time under the supervision of a nurse</li> <li>• Go to the toilet every 3-4 hours before feeding</li> <li>• Move around in the room</li> </ul>
Day 1	<ul style="list-style-type: none"> <li>• Take a shower</li> <li>• Go to the toilet every 3-4 hours before feeding</li> <li>• Meal times at the table (3x 20 minutes)</li> <li>• In addition to these eating moments, sit on the chair for 2x 20 minutes</li> <li>• Expand mobilization with walking across the hallway 50 to 100 meters 3 times a day</li> <li>• Discharge from hospital</li> </ul>
Day 2-4	<ul style="list-style-type: none"> <li>• Walk 50 to 100 meters 5 times a day</li> <li>• Meal times at the table (3x 20 minutes)</li> <li>• Get out of bed for another 3x 30 minutes</li> </ul>
Day 5-7	<ul style="list-style-type: none"> <li>• Walk 100 meters 10 times a day</li> <li>• Meal times at the table (3x 20 minutes)</li> <li>• Expand mobilization</li> </ul>