

Type of Procedure	Elective Caesarean Sectio
<i>Airway</i>	Regional anaesthesia
<i>Anaesthetic technique</i>	Regional anaesthesia (Spinal)
<i>Epidural/Spinal</i>	Spinal: Hyperbaric bupivacaine (Marcaine Heavy) 9–12 mg + Morphine 100 mcg ± Fentanyl 10–15 mcg
<i>Premedication*</i>	
<i>Short tips for the anaesthetist</i>	Alternative: Epidural top-up: local anaesthetic + opioid, e.g. both short- and long-acting Ropivacaine 7.5 mg/ml 15–20 ml = 112.5–150 mg Fentanyl 50 microg/ml = 50–100 microg Sufentanil 5 microg/ml, 2–4 ml = 10–20 microg
<i>Recommended vascular access</i>	1–2 peripheral IV cannulas depending on the extent of the procedure. Adapt according to the anticipated risk of bleeding.