

# Vaginal Birth After Caesarean Section (VBAC)

Many women who have previously given birth through caesarean section (C-section) can still safely give birth through a normal vaginal delivery. Attempts at vaginal birth after caesarean (VBAC) have a high success rate and have many benefits. Occasionally, medical history or circumstance can make VBAC a poor choice for women; a repeat caesarean section would be recommended in this case. However, a vaginal birth is still a safe option for the majority of women who have had a C-section. In cases where a vaginal birth attempt is unsuccessful, a repeat caesarean section is performed.

## Benefits of Vaginal Delivery

1. Reduces blood loss
2. Reduces injury and risk of infection
3. Eliminates complications associated with surgery
4. Requires a shorter hospital stay
5. More rapid recovery
6. Less painful

## Risks of VBAC – What You Need to Know

A C-section leaves a scar on the uterus. This is a weak area and can tear during labour. This is called uterine rupture. If this occurs you would require an emergency C-section. You could need a blood transfusion or a hysterectomy and the baby could be harmed.

## What If You Have Had Two or More C-Sections?

VBAC is still an option if you have had more than one previous birth by C-section, though the risk of complication is slightly higher.

## What Kind of Interventions Will I Need If I Attempt a VBAC?

If you decide to try for a VBAC, you will need continuous electronic fetal monitoring because a change in your baby's heartbeat is usually the earliest sign that there might be a problem. You will also need an IV, which most women in labour receive, and you'll have to refrain from eating anything during labour in case you require an emergency C-section later.

**Your obstetrician will be happy to discuss with you whether VBAC is right for you. You are encouraged to make a list of questions for your doctor so you are well informed. We look forward to caring for you and your family in the near future.**

## Questions:

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## Patient Consent:

After discussing this matter with my healthcare provider, I understand that overall the risks for both VBAC and planned caesarean section are low. I acknowledge that I understand the information that has been provided to me and the final decision is mine to make.

- I have chosen to plan a vaginal birth after caesarean (VBAC)
- I have chosen to plan an elective repeat caesarean birth

Patient Signature: \_\_\_\_\_

Print Patient's Name: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_

