



# ***Vaginal Birth after Caesarean Section (VBAC)***

*Here is some information for you to take home*

Many women who have previously given birth through Caesarean section (C-section) can still safely give birth to a child 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.

<b>Benefits of Vaginal Delivery Instead of VBAC</b>	
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 a 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 2 or more C-Sections?

VBAC is still an option if you have had more than one previous birth by caesarean, 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 vaginal birth after a caesarean, you'll 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'll also need an IV (which most women in labor receive), and you'll have to refrain from eating anything during labor 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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