

FACTS NOT FEAR

**Evidence Based Approach to Vaginal Birth After
Cesarean**

What is a Vaginal Birth After Cesarean? (VBAC)

Vaginal birth after cesarean is when a woman gives birth vaginally after having a previous cesarean. This can refer to a vaginal birth after one, two or three cesareans.



The above photo is a woman that has just given birth vaginally after 2 cesareans.

How Safe is Vaginal Birth After Cesarean?



“Attempting a vaginal birth after cesarean (VBAC) is a safe and appropriate choice for most women who have had a prior cesarean delivery, including for some women who have had two previous cesareans.”

American College of Obstetricians and Gynecologists (ACOG)
80%—roughly 4 out of 5—women who have previously undergone cesarean birth can successfully give birth vaginally.

What Does Current Research Say About VBAC?

- **Impact on future pregnancies.** If you're planning to have a larger family, VBAC might help you avoid the risks of multiple cesarean deliveries, such as scarring. Scarring might make additional surgery difficult and increase the risk of placental problems in future pregnancies.
- **Lower risk of surgical complications.** Vaginal deliveries have lower rates of bleeding, infection, blood clotting in one or more of the deep veins in the body (deep vein thrombosis), and injury to abdominal organs, such as the bladder or bowel.
- **Shorter recovery time.** You'll have a shorter recovery time after a VBAC than you would after a repeat cesarean. Avoiding surgery will help you resume your normal activities sooner, as well as reduce the expense of childbirth.
- **Opportunity for a birth plan.** It's important for women to experience a vaginal delivery and the empowerment that comes with it.



Who Is Eligible For A Vaginal Birth After Cesarean?

You **ARE** a candidate for VBAC if you are:

- Pregnant with one baby
- Have a history of one or two prior low transverse cesareans
- Physically healthy

You're **NOT** a candidate for VBAC if you have had:

- A prior high vertical (classical) uterine incision
- An unknown type of prior uterine incision and it's suspected that it was a high vertical (classical) incision
- A prior uterine rupture
- Certain types of prior uterine surgery, such as fibroid removal



Warning Signs During A Vaginal Birth After A Cesarean



-Uterine Rupture Symptoms-

- Excessive vaginal bleeding
- Sudden pain between contractions
- Contractions that become slower or less intense
- Abnormal abdominal pain or soreness
- Recession of the baby's head into the birth canal
- Bulging under the pubic bone
- Sudden pain at the site of a previous uterine scar
- Loss of uterine muscle tone
- Rapid heart rate, low blood pressure, and shock in the mother
- Abnormal heart rate in the baby
- Failure of labor to progress naturally
- Pain in the shoulders.
- **Actual risk of Uterine Rupture - .02 percentage**

Vaginal Birth After Cesarean is a safe and viable option for women and their babies.

It is important to find a medical provider that has much experience with VBAC, experience with successful VBAC's and the warning signs that can occur during labor and delivery.

Everyday women around the world are giving birth vaginally after cesarean, and you can too!

Conclusion



A woman gives birth vaginally after 1 cesarean.