



Breech Birth & EXTERNAL CEPHALIC VERSION

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HI THERE!

Welcome to this comprehensive resource on breech babies and External Cephalic Version. I am Dr. Mohammed Agha, and I am delighted to guide you through the essential aspects of this significant step in the childbirth process.

Breech presentation occurs when a baby is positioned feet or buttocks first in the uterus instead of the typical head-down position. This situation can present various challenges during delivery, making it crucial for expecting parents and healthcare providers to understand the implications of breech births and the possible interventions available. One such intervention is the External Cephalic Version (ECV), a procedure aimed at repositioning the baby for a safer delivery.

As an OB-GYN, I believe in empowering families with knowledge about breech presentations and ECV. Understanding the risks, benefits, and research surrounding these topics allows parents to make informed decisions regarding their delivery options.

Warm regards,

Dr. Mohammed Agha
Consultant, Obstetrics & Gynecology

Breech Birth OVERVIEW

Induction refers to the process of stimulating labor in pregnant women. This procedure can involve various medical techniques to initiate contractions, with the goal of achieving a vaginal birth.

Types of Breech Presentation:

1. Frank Breech: The baby's buttocks are positioned down, with legs extended upward.
2. Complete Breech: The baby sits cross-legged with knees bent.
3. Footling Breech: One or both of the baby's feet are positioned to come out first.

Research on Breech Birth

Recent studies have shown that breech presentations can occur in about 3-4% of pregnancies at term. The likelihood of a baby being in a breech position decreases as the pregnancy progresses, with many babies turning on their own during the third trimester.

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While breech presentations are less common, they still require careful consideration and management to ensure the safety of both mother and baby.

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- Dr. Mohammed Agha

Options for Breech Babies

1. External Cephalic Version (ECV)

ECV is a procedure where a healthcare professional externally manipulates the abdomen to turn the baby into a head-down position. This option has been shown to be effective, with success rates varying between 50% to 80%.

Considerations for ECV:

- Timing: ECV is typically performed after 36 weeks of pregnancy.
- Monitoring: Continuous fetal monitoring is conducted during the procedure to ensure the baby's well-being.
- Pain Management: Some mild discomfort may occur, but pain relief options are available.

2. Vaginal Breech Birth

Although rarely practiced, vaginal breech birth can be an option for certain suitable candidates. Research indicates that there are specific criteria that can contribute to a safe vaginal breech delivery, such as the baby being in a frank breech position, adequate maternal pelvic size, and absence of complications.

Supportive Care: Choosing vaginal breech birth requires close collaboration with a skilled healthcare team experienced in handling this delivery method. As always, giving birth is about personal choice, risk assessment, and prioritizing safety.

Breech Birth OVERVIEW

3. Cesarean Delivery

If ECV is unsuccessful, or if the breech presentation poses risks, a cesarean delivery may be recommended. This option is often seen as a safe route, especially with certain breech presentations.

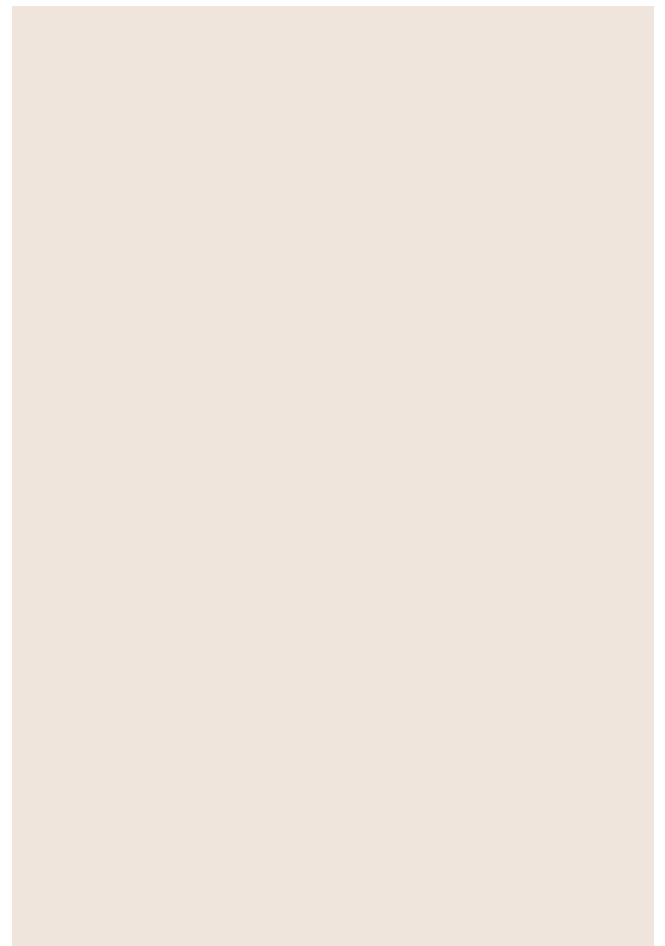
Planning for a Cesarean: If a cesarean is necessary, it's essential to discuss the procedure in detail, understand what to expect, and prepare for the recovery process. Many parents appreciate the opportunity to birth their child in a controlled environment, particularly if they know that safety is the priority.

James and Zara, who opted for a cesarean delivery after their baby remained breech, reflected on their experience: "While we were initially overwhelmed, we found comfort in knowing that we were making informed choices. The support from our care team made all the difference."

Empowerment Through Knowledge and Support

Navigating a breech birth can be daunting, but knowledge is power. Understanding the options available allows parents to make informed decisions that align with their values and circumstances.

It's crucial to seek support from healthcare providers who emphasize shared decision-making and respect your preferences. Finding a provider who specializes in breech presentations can empower you with the information needed to explore all available options.



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