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External Cephalic Version for Breech Position



[Breech Position, Opens dialog](#)

Treatment Overview

At the end of most pregnancies, the baby's head is near the birth canal (vagina). But sometimes a baby's rear end or feet are near the birth canal. This position is called breech.

If your baby stays in this breech position, you will probably need a caesarean section (C-section). Most breech babies are healthy and don't have problems after birth.

Your doctor may try to turn your baby. To do this, the doctor presses on certain places on your belly. Sometimes this causes the baby to turn. The medical name for this process is external cephalic version.

During the process of trying to turn your baby, your doctor will carefully watch your uterus. There's a chance that the pressure and movement might start contractions. There's also a chance that the umbilical cord will twist or get damaged.

If your baby turns, your doctor may send you home. But the doctor will check you often until your labour starts. If your baby's head stays down, you may be able to have a vaginal delivery. But a small number of babies move back into a breech position.

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