

VBAC

Discussion points for vaginal Home birth after caesarean Section. (VBAC)



Date _____

Time _____

To effectively reduce risk to you and your baby, it would be advisable to birth in a hospital with obstetric Drs who care for both pregnant woman and new born infants.	Initials
The risks vary and depend on your obstetric history, the reasons for any previous caesarean(s), and whether you have previously given birth vaginally. I would advise referral to our obstetric team for further discussion around risk and delivery options.	
<p>After one caesarean section, about three out of four women with a straightforward pregnancy who go into labour naturally give birth vaginally.</p> <p>A number of factors make a successful vaginal birth more likely, including:</p> <ul style="list-style-type: none">• previous vaginal birth, particularly if you have had previous successful VBAC;• if you have had a vaginal birth, either before or after your caesarean section, about 8–9 out of 10 women can have another vaginal birth• your labour starting naturally• your body mass index (BMI) at booking being less than 30. RCOG (2016)	
Risks of VBAC include the scar from the previous caesarean birth opening up (uterine rupture). This affects around one in 200 women trying for a VBAC. (That risk is increased two to three fold if labour is induced.)	
Sometimes opting for a VBAC isn't advised. For example, if you've previously had a uterine rupture, significant uterine stretching or uterine surgery, have a vertical scar on your uterus, placenta praevia.	
<p>If you're having a VBAC, you will be offered extra monitoring during labour.</p> <p>This will include the baby's heartbeat being monitored continuously once you're having regular contractions. Extra monitoring checks everything is progressing well and detects any early signs of problems with your previous caesarean scar.</p> <p>We are unable to offer continuous monitoring in the home environment.</p>	
<p>Due to the identified risk of uterine rupture, We would recommend VBAC in the obstetric unit with facilities for immediate caesarean and blood transfusion facilities.</p> <p>In the event of an emergency you would be required to attend hospital via ambulance, this would delay treatment</p>	

For further information:

RCOG. (2016) Birth options after previous caesarean section. Available from: <https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/pi-birth-options-after-previous-caesarean-section.pdf>. [Last accessed 17/02/2023].

NHS Choices. (2016) Caesarean section: overview. Available from: <https://www.nhs.uk/conditions/caesarean-section/#future-pregnancies-after-a-caesarean> [Last accessed 17/02/2023]

The best start: *five-year plan for maternity and neonatal care*

Published 20 January (2017). Accessed 07/02/23

<https://www.gov.scot/publications/best-start-five-year-forward-plan-maternity-neonatal-care-scotland/pages/8/>

NICE (2014) *Intrapartum care for healthy women and babies* :last updated 14th December 2022