

## **OB-GYN ASSOCIATES, P.A.**

### **INFORMATION FOR PATIENTS WITH PRIOR CESAREAN DELIVERY**

THE PURPOSE OF THIS PAMPHLET IS TO PROVIDE INFORMATION REGARDING VAGINAL BIRTH AFTER CESAREAN SECTION (VBAC) AND ELECTIVE REPEAT CESAREAN SECTION TO MOTHERS WHO HAVE PREVIOUSLY HAD A CESAREAN SECTION. PLEASE READ THE FOLLOWING INFORMATION CAREFULLY AND DISCUSS ANY CONCERNS WITH YOUR OBSTETRICIAN OR HEALTH CARE PROVIDER.

VBAC (vaginal birth after cesarean section) - women who have had one previous low transverse cesarean may attempt a vaginal delivery unless the physician indicates otherwise. Most women (about 60% - 80%) who attempt a VBAC will have a vaginal birth. Your actual chance of success conditions with why you had your original C-section. However, if a VBAC is attempted but a Cesarean is needed during labor, there is a slightly greater risk of problems such as infection of the uterus. The most serious complication of attempting a VBAC is uterine rupture (uterine tear) which occurs in about 1% of cases. If the uterus does rupture, increased bleeding may occur and require a blood transfusion, and possibly bladder repair, and/or hysterectomy. In some cases uterine rupture may result in fetal injury or death. It is not possible to predict which patients will experience a uterine rupture. If the obstetrician agrees, patients with two prior cesareans may also attempt VBAC but the risk of uterine rupture is somewhat higher. The providers of OB-GYN associates usually do not recommend induction of labor for women who have had a Cesarean, as this usually is associated with increased risk of complications. We also prefer to begin the scheduling process for these Cesarean deliveries at approximately 28-34 weeks. You may choose to deliver anytime between 39 and 41 weeks. Let your strength of desire for a VBAC guide you on this choice. If you are mildly interested, choose 39 weeks and allow an attempt at vaginal birth if you spontaneously labor prior to this date. If you have a strong desire for a VBAC, allow yourself to go past your due date, as long as you and your baby are well. This will allow an additional 2-3 weeks for natural labor to occur. Of course, you may always choose not have a trial of labor at all. This means you will be delivered by C-section as soon as the diagnosis is made, if labor occurs prior to the scheduled date. You may change your mind, and opt for a C-section at anytime during the labor process. We can always cancel surgery but it is often difficult to schedule close to the needed date. Again, feel free to discuss delivery options with your provider.