

VBAC - YES, IT'S AN OPTION!



If you've had a previous cesarean birth, you've probably heard a lot of myths about Vaginal Birth After Cesarean (VBAC).

NOT ALLOWED... TOO MUCH UNCERTAINTY... WE DON'T DO THAT... YOU PROBABLY WON'T SUCCEED

HERE ARE THE FACTS



YOU CAN HAVE A VBAC!

Average VBAC success rate is **60-80%**^{1,4}.
The overall vaginal birth rate for all women is **68%**²

The **KEY INGREDIENT** for a VBAC? A **supportive provider**, not just one who will "let you try."



VBAC HAS RISKS AND SO DO REPEAT CESAREANS.

Research shows the risk of uterine rupture is **less than 1%** for VBAC. Some studies show it is as low as **.22%**.
When there is a uterine rupture, other research shows that about 6% of those ruptures result in the death of the baby, or 3% if it's a full-term pregnancy. Your risk is highest if there is less than 18 months between your cesarean and your next birth, and gets lower the more time passes.



VBAC IS UNDERUSED

MOST people with a past cesarean **ARE CANDIDATES**. Yet **only 12%** get a VBAC². Many people are **discouraged** by unwilling care providers or policies at the birth facility.



THINK CAREFULLY ABOUT THE BENEFITS AND RISKS, ESPECIALLY IF YOU WANT MORE CHILDREN.

Uterine rupture decreases significantly after first VBAC

- 2008 study showed the rate of UR decreased by 50% after the first successful VBAC and did not increase with additional VBACs⁶

Each **cesarean increases risk**

- Chances of placenta position and growth abnormalities and hysterectomy increase with each cesarean⁷
- For example, risk of a serious medical complication known as placenta accreta with placenta previa increases with each cesarean

IF YOU CHOOSE A VBAC:



Step 1: Get the facts on VBAC

The National Institutes of Health, ACOG and other medical organizations agree. VBAC is a safe option for most women!



Step 2: Get support

Connect with parents who have been there. Check out some of the questions others have about VBAC



Step 3: Find the right provider

Ask tough questions to be sure you have a supportive provider

Here are questions to start with:

- Do you think I'm a good candidate? Why or why not?
- Do you have any routine policies or restrictions for VBAC candidates?

Learn more about VBAC by signing up for a Lamaze class, in-person or online!

VISIT WWW.LAMAZE.ORG TO LEARN MORE.



1 Cunningham, F.G., Bangdiwala, S., Brown, S.S., Dean, T.M., Frederiksen, M., Rowland Hogue, T.C.J., ... Zimmet, S.C. (2010). National Institutes of Health Consensus Development Conference Statement:
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2 CDC. (January 31, 2018). National Vital Statistics Reports Volume 67, Number 1. Retrieved from https://www.cdc.gov/nchs/data/nvsr/nvsr67/nvsr67_01.pdf
3 No. 155-Guidelines for Vaginal Birth After Previous Caesarean Birth. Martel, Marie-Jocelyne MacKinnon, Catherine Jane et al. *Journal of Obstetrics and Gynaecology Canada*, Volume 40, Issue 3, e195 - e207
4 Vaginal birth after cesarean delivery. Practice Bulletin No. 184. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2017;130:e217-33.
5 Guise, J.M., Eden, K., Denman, M.A., Marshall, N., Fu, R., Janik, R., McDonagh, M. (2010). Vaginal Birth After Cesarean: New Insights. Evidence Report/Technology Assessment No.191. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0008253/#ch3.s8>
6 Mercer, B., Gilbert, S., Landon, M.B., Spong, C.Y., Leveno, K.J., Rouse, D.J., ... Ramin, S.M. (2008). Labor Outcomes with Increasing Number of Prior Vaginal Births after Cesarean Delivery. *Obstetrics & Gynecology*. 2008; 111(2-1): 285-291. doi 10.1097/AOG.0b013e31816102b9