

Name:

ID No:

## Counselling for Birth after Caesarean Section

### Vaginal Birth After Caesarean Section (VBAC)

Success Rates – 75% (90% if previous vaginal birth)

#### Advantages

- Achieve vaginal birth
- Increased chance of normal birth in future pregnancies
- Less complications in future pregnancy
- Shorter recovery
- Shorter stay in hospital
- Less abdominal pain
- No surgery
- Early skin to skin and improved breast feeding rates
- Lower risk of breathing problems in baby
- Lower risk of death (0.004%)

#### Disadvantages

- Needing an emergency C-Section (risk 25%) - only slightly higher than risk when laboring for the first time (20%)
- Scar Rupture 0.5%
- Increased risk of blood transfusion (2%)
- Risk of complicated birth, vacuum, forceps, perineal tears, shoulder dystocia etc
- Risks of baby dying or being brain damaged the same as labouring for the first time (0.2%) but higher than ERCS (0.1%)
- Risk of stillbirth while waiting for labour (0.1%)

#### Factors Decreasing Chance of Success (all factors 40% success rate)

- Never had vaginal birth
- C-section for failure to progress
- Need to be induced
- BMI > 30 at booking

### Elective Repeat Caesarean Section (ERCS)

#### Advantages

- Know date of delivery (10% labour before this date)
- Virtually no risk of scar rupture (<0.02%)
- Less risk of blood transfusion (1%)
- Avoids risks of vaginal birth
- No risk of stillbirth after 39wks

#### Disadvantages

- Longer more difficult operation because of scar tissue
- Risk of damaging bladder or bowel
- Risk of accidentally cutting baby (2%)
- Risks of blood clots which can be life threatening
- Longer recovery
- Longer hospital stay
- Unable to drive for 6 weeks
- 4-6% risk of breathing problems in baby (compared with 2-3% for VBAC)
- Will likely require C-Section in future pregnancies
- Risk of placenta growing in scar making it difficult to remove. This can cause bleeding and possible hysterectomy.
- Risks increase with each C-Section (important to consider desired number of children)
- Increased risk of death (0.013%)

- RCOG Information leaflet given

Signed Doctor:

Signed Patient:

Date:

**Birth After Caesarean Section**



Name: \_\_\_\_\_

ID No: \_\_\_\_\_

**Booking Information and Delivery Plan**

<p><b>Previous C-Section notes r/v</b></p>          <p>Suitable for VBAC    <input type="checkbox"/> Yes    <input type="checkbox"/> No</p>	<p><input type="checkbox"/> Old notes Requested Date..... by.....</p> <p><input type="checkbox"/> Old notes reviewed Date..... by.....</p> <p><input type="checkbox"/> Notes retained until delivery</p>
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**Preference at Booking:**     VBAC     C-Section     Undecided

<b>Management plan in the event of:</b>			
Preterm labour	<input type="checkbox"/> VBAC	<input type="checkbox"/> Emergency C-Section	
Spontaneous labour before ERCS date	<input type="checkbox"/> VBAC	<input type="checkbox"/> C-Section	<input type="checkbox"/> Depends on stage of labour
No spontaneous labour after 41 wks (discuss with cons)	<input type="checkbox"/> Sweep	<input type="checkbox"/> Induction of labour	<input type="checkbox"/> ERCS
<b>Induction of labour details:</b> <i>(Discuss with consultant prior to induction)</i>		<b>Increased Risks with IOL</b>	
		<input type="checkbox"/> Uterine rupture ↑ x 2-3	
		<input type="checkbox"/> C-Section ↑ x 1.5	

**C-Section booking details:** *(C-Section should be booked > 39wks. If <39wks consider course of steroids)*

**Comments:**

Signed: _____	Date: _____
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*Reference: RCOG Green-top Guideline No. 45. Birth After Previous Caesarean Birth; October 2015*