

## Caesarean Section

If VBAC is not advisable or you do not wish to deliver vaginally, you will have a Caesarean, and the cut will usually be made through your previous scar.

**Benefits of a repeat Caesarean:** There is almost no risk of the old scar on your womb rupturing. Medical staff will advise you of the benefits of a repeat Caesarean in your case.

**Risks of a repeat Caesarean:** If you have had up to and including 4 Caesareans, your risk of fever, bladder injury and surgical injury is the same whether you deliver by Caesarean or VBAC. There are certain risks that increase the more Caesareans you have. For more information, speak to your doctor or midwife and ask for the Hospital leaflet called 'Caesarean Section'.

**Emergency (unplanned) Caesarean section:** This might be needed if the baby monitor shows your baby is not coping and needs delivering quickly. Risks of emergency Caesarean are:

- Longer recovery and longer hospital stay (usually 3-4 days)
- Hysterectomy (surgical removal of your womb)
- Blood loss
- Damage to your bladder or bowel
- Infection of the wound

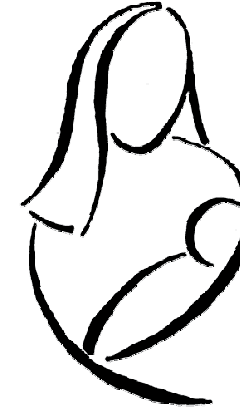
These risks have been reduced by antibiotics and advances in surgery.

## What happens if I go over my due date?

You will need to be seen in the Hospital Antenatal Clinic. Your options will be discussed with you. You can choose Induction, where the midwife or doctor makes your labour start for you. This makes rupture of your womb 2-3 times more likely and increases the risk of emergency Caesarean, so you would be closely monitored. Alternatively, you can request a planned Caesarean.

**We hope you have found this leaflet useful. If you would like more information, please ask your midwife or doctor. You can use the contact details on the front of this leaflet.**

## Vaginal Birth After Caesarean Section (V.B.A.C)



**Information about the options available to you  
and what to expect leading up to delivery**

### Contact us:

By telephone (Manor Hospital Antenatal Clinic): 01922 656576  
(Manor Hospital Main Number): 01922 721172  
By email: [contactus@walsallhealthcare.nhs.uk](mailto:contactus@walsallhealthcare.nhs.uk)

**Useful Websites:** [www.walsallhealthcare.nhs.uk](http://www.walsallhealthcare.nhs.uk)  
<http://www.rcog.org.uk>, [www.nice.org.uk](http://www.nice.org.uk)

**Walsall Healthcare NHS Trust, Manor Hospital,  
Moat Road, Walsall, WS2 9PS**

## Why have I been given this leaflet?

It gives you information about your choices for birth when you have previously had a Caesarean section. The options are: a vaginal birth or a Caesarean.

### How will I decide how to have my baby?

It is important that you make the right decision for you about the delivery of your baby. The aim of this leaflet is to provide as much information as possible to help you make your choice, coupled with advice from our team of midwives and doctors at the Manor Hospital. You can then discuss your options and be in the best position to make a fully informed decision.

Please read this leaflet carefully, think about the information, and consider your needs and preferences for the delivery of your baby. The team at the Manor Hospital are happy to speak with you about any thoughts or concerns you may have, and to answer your questions.

**Remember, depending on the course of your pregnancy the plans you make for delivery may change in order to keep you and your baby safe.**

Ask a doctor to complete the section below about the reason you had your Caesarean.

### Doctor, please complete the following section:

Patient Name: .....

Reason for previous Caesarean.....

Does this patient need a Caesarean for her next baby?

Yes  No

If yes – why?.....

Doctor's signature.....

Doctor's name ..... Date .....

## Vaginal Birth After Caesarean Section (VBAC)

Between 72-76% of women who chose VBAC are successful in achieving a vaginal birth. If you have delivered vaginally before, you have an increased chance of achieving a vaginal birth again.

### Benefits of VBAC:

- Early skin-to-skin contact with your baby
- Shorter stay in hospital (usually 1-2 days) and quicker recovery
- Prevention of another scar on your womb
- Lower risk of a blood clot in the leg (thrombosis formation)
- Lower risk of your baby having breathing problems after birth

**Risks of VBAC:** The old scar on your womb could weaken or rupture. This is rare (about 7 women in 1000) and you will be closely monitored in labour. 24-28% of women who choose VBAC will not achieve a vaginal delivery and will need an Emergency Caesarean Section. This could be either due to concerns about the baby or the mother's condition. The risks of infection of the womb and the risk of you needing a blood transfusion are 1% greater compared with having a Caesarean birth.

**If I have a vaginal birth, how will I be cared for in labour?** Your care will reflect the fact you have had a previous Caesarean. You will be advised to deliver at the Manor Hospital where a midwife trained to assess for any problems will care for you. The midwife will discuss your progress with you and the doctors, and there is an operating theatre if a Caesarean is required. A small plastic tube (called a venous cannula) will be put into a blood vessel in your arm. Your midwife will perform vaginal examinations to assess your progress. Your baby's heartbeat will be monitored throughout labour to assess your baby's health. You can discuss pain relief with your midwife.

### VBAC is not advisable if:

- You have had a previous high 'classical' Caesarean (ask your doctor)
- You have had a previous tear in your womb
- You have had 2 or more previous Caesareans
- The placenta is blocking the birth canal (placenta previa)
- Your baby is lying bottom first (breech presentation)
- You have certain medical problems – your doctor will advise you