



What if I go overdue?

If you go into labour naturally this gives you the best chance of having a normal birth. If you need to be induced; some of the risks of VBAC increase. You will have the opportunity to discuss this carefully with your LMC and an Obstetrician before making a choice.

What happens if I choose a caesarean and then go into labour?

This happens in about 10% of women. Contact your LMC straight away and come into hospital. A caesarean section will then be arranged as soon as it is safe to do so.

If I choose to have a VBAC what can I expect in labour?

- Your LMC will discuss and plan your care with an Obstetrician.
- We recommend that you give birth in hospital, and you should come to hospital once you are having regular painful contractions.
- We recommend you have a drip in your arm and that your baby is monitored continuously

Further information

Talk to your LMC for more information specific to your own pregnancy. The following information may be useful.

https://www.rcog.org.uk/globalassets/documents/guidelines/gtg_45.pdf

<https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/pi-birth-options-after-previous-caesarean-section.pdf>

<https://www.nice.org.uk/Guidance/cg132>



Birth after Caesarean

What you need to know



Choosing how to give birth

If you had a caesarean section with your last birth, you may be wondering what your options are this time.

The majority of women do not need a repeat caesarean section and many will have a normal birth. It is estimated that around 70% (7:10) of women who plan a VBAC (vaginal birth after caesarean) have one.

Your decision will be based on a number of factors but an important factor is why you had a caesarean last time. For example if the caesarean was for factors like breech presentation or abnormal fetal heart pattern these factors are not likely to occur again. However if your caesarean section was because your baby did not fit through your pelvis despite being in the right position, this may happen again.

There may be complications in this pregnancy that make caesarean section the best choice for you.

Talk to your LMC about your choices. If you are unsure you can have an appointment with an Obstetrician to discuss this at 22 weeks.

What are the advantages of a VBAC?

- Faster recovery time after birth
- Less abdominal pain
- Less risk of complications such as infection and haemorrhage
- Shorter hospital stay
- More chance of future normal births

What are the risks of a VBAC?

- There is a 0.5% (1:200) chance that your caesarean scar may tear, resulting in serious complications for you and your baby
- Around 30% (3:10) of women will need a caesarean section in labour; this is a similar risk to women having their first baby

What are the advantages of a planned caesarean?

- This may be the safest way to birth your baby depending on your individual risks
- Less risk of perineal trauma and pain

What are the risks of a planned caesarean?

- More risk of complications such as infection and haemorrhage
- More risk of your baby being admitted to SCBU for breathing problems
- More risk of blood clots
- Longer hospital stay and longer recovery period

