

# CAMELBACK WOMEN'S HEALTH

## DEPARTMENT OF OB/GYN

### PATIENTS WHO HAVE HAD A PREVIOUS C-SECTION

The obstetricians of APC provide you with this information to answer some questions about the delivery of your baby.

#### DO I HAVE TO HAVE ANOTHER C-SECTION?

Most likely the answer is no. Almost all patients are good candidates for attempted vaginal delivery. This is often called a VBAC (vaginal birth after previous c-section) or a TOL (trial of labor). We expect that you will be able to labor and most will deliver vaginally.

#### WHAT REASONS WOULD REQUIRE A REPEAT C-SECTION?

1. Classical scar on uterus (up & down) (less than 2% of scars).
2. Three or more previous cesareans.
3. Multiple gestation (twins, etc).
4. Other obstetrical complications.

#### WHAT ARE THE RISKS OF VBAC?

There is a small chance that the scar will separate during your labor. The risk is about 8/1000 labors. If the uterus ruptures, the risk to you and the baby is small but not zero. Bleeding can be severe and require transfusion and an emergency c-section will be done in the worst possible case, the baby could die (3/100,000 births). These risks are very small in comparison with the benefits.

#### WHAT ARE THE BENEFITS OF VBAC?

The risk of death from C-section for you are about three times the risk of vaginal delivery (11/100,000 vs. 39/100,000). Recovery from a vaginal delivery occurs much more quickly than with a cesarean. The time in the hospital is also about three days less. The hospital costs are also considerably less with vaginal delivery. Our physician charge is generally less for VBAC than for c-section.

75-80% of patients can successfully deliver vaginally after a c-section in an earlier pregnancy. We do not feel that a repeat c-section is required and is not in your best interest. We will provide epidural analgesia for your labor, which should allow you to have a relatively pain-free labor and delivery. If you want a tubal ligation, it can be done after your vaginal delivery under the epidural anesthetic used for your labor.

I understand the policy of my physicians that encourages vaginal delivery for me and my baby. I have been informed of the risks and benefits of both VBAC and repeat c-section. I agree to attempt a vaginal delivery if my physicians feel that is safe for me and my baby.

Patient's signature \_\_\_\_\_

Physician's signature \_\_\_\_\_

Nurse's signature \_\_\_\_\_