



# VBAC

## Vaginal Birth After Caesarean

The common rule of thumb for women who gave birth by Caesarean used to be “once a C-section, always a C-section.” But vaginal births after Caesareans, VBACs, are gaining in popularity and are now encouraged more often by healthcare providers.

### What You Should Know About VBAC

- The primary risk of VBAC is the rare chance that the uterus could rupture during labor or delivery. The odds of this happening are even less in women who have had the more common transverse (horizontal) incision.
- If you've had two or more deliveries by Caesarean or your incision was vertical, your risk for uterine rupture during a VBAC is higher.
- As many as 85 percent of women who attempt to give birth vaginally after a Caesarean do so with no complications.
- Successful VBAC rates are higher for women who have had breech babies and the next baby is in the correct position.
- Women who have had a Caesarean because they failed to dilate or the baby's head was too large for delivery are good candidates for VBACs.
- A woman having a VBAC should always do so in a hospital so she and the baby can be monitored closely.



### Should You Consider VBAC?

- Talk to your healthcare provider about attempting to have a VBAC.
- Your healthcare provider will need time to check your past delivery records.
- A Caesarean birth is surgery and carries with it risks that you and your healthcare provider may not wish to repeat.
- Vaginal births are less painful than Caesareans.
- Infection of the uterus and nearby pelvic organs are less frequent in vaginal births.

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