

## Support available to you

At Osler, our Vision is to deliver “Patient-Inspired Health Care without Boundaries” This means taking the time to describe the care and support you will receive during your labour and birth in a way that makes it easy to understand.

The care that you will receive includes:

- Monitoring your baby’s heart rate, your contractions and your overall health
- Continuous nursing labour support by experience care providers

After having a c-section, deciding how to give birth the next time can be difficult. Your physician or midwife can give you the information and support you need to guide you and your family in making this decision.

VBAC classes are also available to help you make an informed decision.



To register for a VBAC Class

Call 905-494-2120

Extension 58031 **OR** 57977

William Osler Health System is a hospital system ‘Accredited with Exemplary Standing’ that serves 1.3 million residents of Brampton, Etobicoke, and surrounding communities within the Central West Local Health Integration Network. Osler’s emergency departments are among the busiest in Ontario and its labour and delivery program is one of the largest in Canada. William Osler Health System Foundation builds and fosters relationships in order to raise funds to support William Osler Health System’s capital, education and research priorities at Brampton Civic Hospital, Etobicoke General Hospital and Peel Memorial Centre for Integrated Health & Wellness (targeted for completion in 2015-16).

Form # 8600-565-24/02/2014

## Vaginal Birth After Caesarean Section

*Women’s & Children’s Program*



William Osler  
Health System

## Why VBAC?

Vaginal Birth After Caesarean Section (VBAC) is a safe choice for many women who have had a caesarean birth. If you have a healthy pregnancy, have a low horizontal scar on the uterus and go into labour on your own, you have about a 75 per cent chance that you will have a safe, successful vaginal birth.

There are things about your previous birth experience, such as why you had a caesarean section and how many caesareans you have had that will make it more or less likely you will be able to give birth vaginally.

VBAC and repeat caesarean birth are both associated with different risks. Speak with your physician or midwife about which option is best for you and your baby.

## What are my chances of having a VBAC

The chance you will have a VBAC may be higher if:

- You have had a vaginal birth before
- Your previous caesarean birth was for breech presentation, twins or problems with the placenta
- Your labour progresses well

The chance you will have a VBAC may be lower if:

- You go past your expected date of birth
- Your labour does not start on its own and you need to be induced

- You are significantly overweight
- You have had more than one caesarean birth.

## The benefits of a VBAC

### For you:

- Avoids major abdominal surgery and another scar on your uterus
- Shorter hospital stay
- Faster recovery
- Lower risk of infection

More positive birth experience as reported by many women who have had a VBAC.

### For baby:

- Smoother transition to life outside of the womb.
- Have early skin-to-skin contact
- Begin breastfeeding sooner

## Risk associated with a caesarean birth

- The more caesarean births you have, the higher the risk will be that you may have a problem with your placenta in the next pregnancy. Your physician or midwife can discuss this with you.
- A caesarean birth leaves a scar in the uterus. This scar tissue increases the risk of uterine rupture which is a tear in the uterus.

- A uterine rupture rarely happens during pregnancy and happens more commonly during labour.
- A uterine rupture is an emergency situation and you will have immediate surgery to deliver the baby and repair the tear in the uterus. There is also a chance you will have your uterus removed, this is referred to as a hysterectomy.

There is no way to know who will have a uterine rupture during labour and birth.

## Benefits of a planned caesarean section

- A planned caesarean birth reduces your overall risk of having a uterine rupture and avoids the possibility of an emergency caesarean section while attempting to VBAC.
- Some women choose a repeat caesarean birth, which allows them to plan in advance for the date and time of the birth.
- Some women feel more comfortable because they know what to expect from the surgery. Others wish to avoid labour and the risks associated with VBAC



*It is possible to have a VBAC. Please discuss with your physician or midwife the best choice for you and your baby.*