



VAGINAL BIRTH AFTER C-SECTION (VBAC)

What is VBAC?

Women who had childbirth through Caesarean section previously can have a choice of delivering normally (through the vaginal canal) when they are birthing again. This is vaginal birth after C-section.

Does VBAC have any benefits?

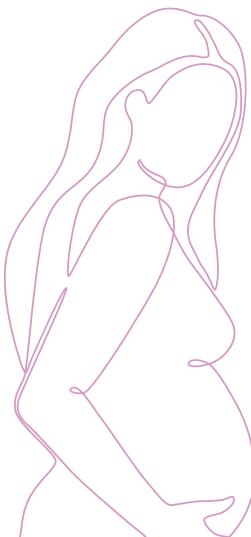
Yes, VBAC has many benefits as listed below-

- No need for abdominal surgery again
- No complications related to surgery and lesser risk of infections
- Shorter hospital stay
- Quicker recovery and discharge
- Quicker return to daily activities

VBAC can also help avoid health complications in women planning for multiple deliveries. These complications include bowel or bladder injury, problems with the placenta, etc.

Is it safe to have VBAC?

According to the American Pregnancy Association and the National Institute of Child Health and Human Development, published research shows that 60% to 80% of women who had a caesarean birth have had a successful vaginal birth in their next pregnancy.



Are labour and delivery during VBAC the same as during a routine vaginal birth?

Once you go into labour the process of delivery in VBAC remains the same as in a routine vaginal birth. However, in VBAC you and your fetus will be continuously monitored by your obstetrician and if the need arises you may have to undergo a C-section again. Apart from this, in case you don't go into labour naturally and are required to be induced for it then the chances for VBAC may reduce further. Women should thus stay flexible when opting for VBAC and plan it at a centre that is equipped to handle an emergency C-section.

Can I have a VBAC?

All women have a unique health history and they should thus discuss with their obstetrician the possibility of VBAC. Make sure your obstetrician has your detailed medical history and records of your previous C-section or any other uterine procedures. If your health permits, you can opt for VBAC.

What can increase my chances of having a VBAC?

The following can increase your chances of having a VBAC-

- Women in whom a low-transverse incision was given during C-section (a side-to-side cut in the lower thinner part of the uterus)
- Women who have had only one C-section previously
- Women with no other uterine abnormalities or surgeries
- Women who are healthy with no other medical complications
- Women who are scheduled for their next delivery at least 18 months after the previous birth
- Women who go into labour naturally



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