

Appendix 2: VBAC/Birth options Counselling discussion

Name.....

Unit Number/NHS.....EDD.....

VBAC Benefits if successful:		VBAC Risks	
Chance of successful VBAC 72-76%, increasing to 87-90% for previous NVD/VBAC		0.5% risk of uterine rupture	
More positive birth experience		Risk of repeat emergency c/s	
Increases chance of successful breastfeeding			
Shorter recovery period			
Reduced complications from surgery/anaesthetics			
Increase chance of uncomplicated normal birth in the future			

Elective C/S Benefits		C/S Risks	
Planned date of delivery		Increased risk of bladder and other organ damage	
		Scar tissue can cause long term pain/ adhesions and sub-fertility	
		Increased risk of repeat c/s for subsequent delivery (VBAC not discussed at Midwife-led VBAC clinic for greater than one previous LSCS)	
		Virtually no risk of scar rupture	
		Increased risk of infection	
		Increased risk of placenta accreta	
		Increased risk of thrombosis	
		Associated with an increased risk of transient tachypnoea of the newborn: 11.4% at 37/40 6.2% at 38/40 1.5% at 39/40	

Decision for VBAC:

Yes

No

Midwife

Name.....Signature.....

Date.....