



Know your options, take control.

# Birth After Cesarean: Information on Options



BC WOMEN'S HOSPITAL & HEALTH CENTRE  
An agency of the Provincial Health Services Authority

1. I, \_\_\_\_\_ (print name), have had \_\_\_\_ previous cesarean birth(s).

I understand that I have the following choices for my birth:

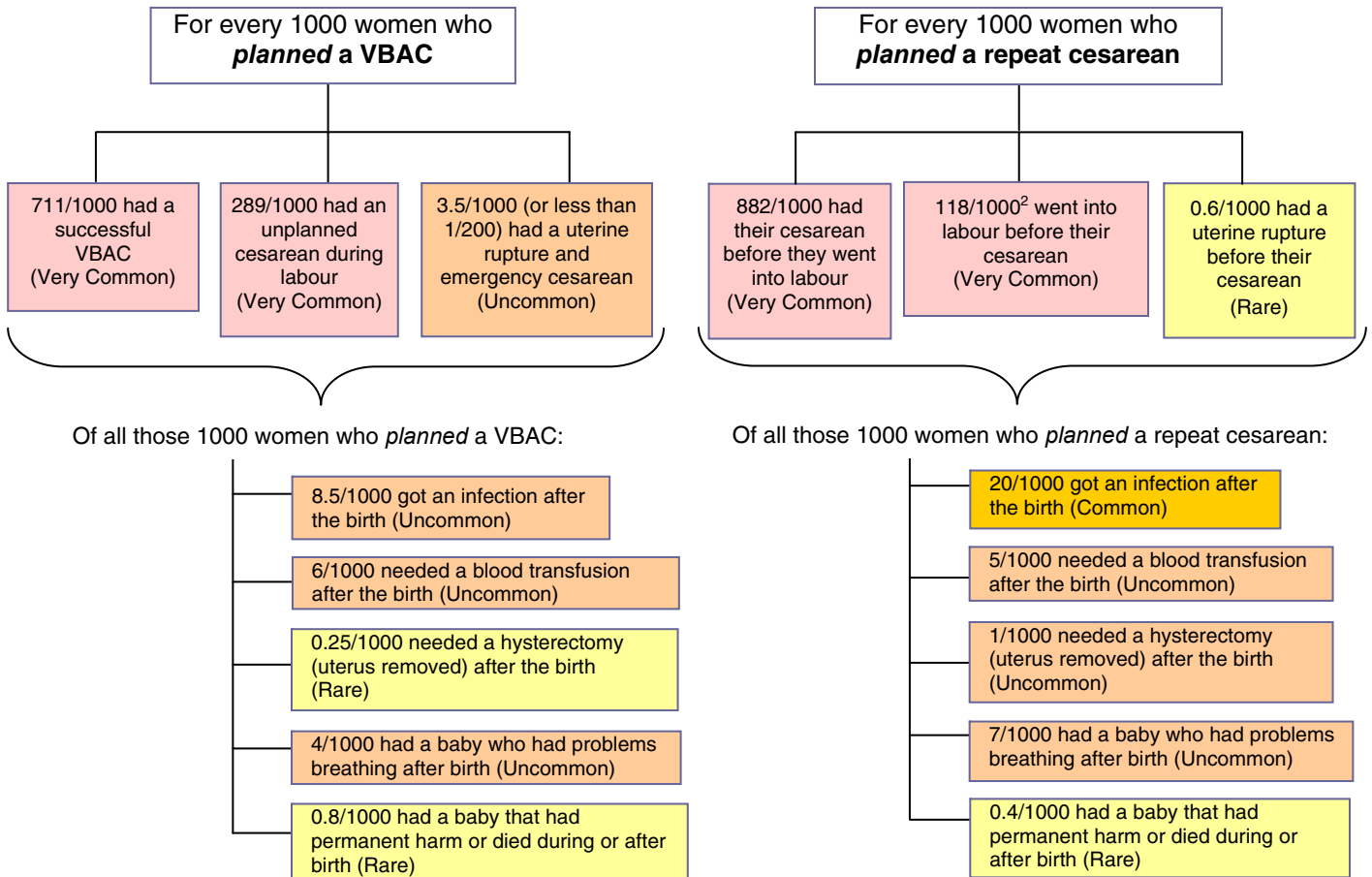
- Planning a vaginal birth after cesarean (VBAC), OR
- Planning a repeat cesarean birth

2. I understand there are risks in any medical procedures or treatments. Simply being pregnant carries some risks, just as there are risks in everyday activities such as driving in a vehicle. This form is to help me make an informed decision based on the best available evidence to date. After I have read this form I will discuss it with my physician or midwife and choose to plan either a VBAC or a repeat cesarean birth for the birth of my baby. I understand that I may change my choice at any time in pregnancy or during labour.

<b>Common</b>	from 1 in 10	Annual risk of being injured in the workplace (1/25)
	to 1 in 100	
<b>Uncommon</b>	from 1 in 1000	Risk of giving birth to a baby with Down Syndrome (1/650)
	to 1 in 10,000	
<b>Rare</b>	from 1 in 10,000	Annual risk of being diagnosed with breast cancer (1/1,500)
	to 1 in 100,000	
<b>Very Rare</b>	to 1 in 100,000	Annual risk of dying in a motor vehicle accident (1/11,000)

Data from Stats Canada, the Canadian Cancer Society and Health Canada

3. I understand that the risks<sup>1</sup> associated with the plan I make for my birth can include:



<sup>1</sup> These estimates are based on outcomes of 11, 335 planned VBACs and 23, 151 planned repeat cesareans in British Columbia during the years 2000 to 2009. (Perinatal Services BC, British Columbia Perinatal Data Registry, 2000—2009) This data was compiled by [www.optimalbirthbc.ca](http://www.optimalbirthbc.ca).

<sup>2</sup> At BC Women's Hospital about 30% of women who have planned a repeat cesarean section will go into labour before their scheduled surgery. Many women who go into labour before their scheduled cesarean can choose to safely proceed with a vaginal birth if their labour is progressing normally. You can discuss this option with your doctor or midwife.

4. If I choose to plan for a vaginal birth after cesarean (VBAC), I have approximately \_\_\_\_\_% chance overall of successfully having a vaginal birth. My chance of success depends on several factors, including the reason I had my previous cesarean birth(s). The very best chance of successful vaginal birth with the fewest complications is if I have a natural, spontaneous onset of labour and I am not past my due date.

5. I understand that not all risks of either an elective repeat cesarean or a VBAC are known at this point in time. Therefore, it is not certain what the overall effect is likely to be for my health or my baby's health.

6. I declare that I have read or had read to me the contents of this form, I have had an opportunity to review it with my health care provider and to ask questions, and all of my questions have been answered to my satisfaction.

7. After discussing the matter with my health care provider, I understand that overall the risks for both VBAC and elective repeat cesarean are low.

8. I acknowledge that the final decision is mine to make.

A) I have received the information and medical counsel as outlined in this document. I reserve the right to make a decision at a future date and time \_\_\_\_\_ (Initials)

B) I have decided to go ahead with this decision after considering the possibility of both known and unknown risks, complications, side effects, and alternatives.

I have decided to plan:

a vaginal birth after cesarean (VBAC). \_\_\_\_\_ (Initials)

an elective repeat cesarean birth \_\_\_\_\_ (Initials); and I would like to review my decision if my labour starts before my scheduled cesarean. \_\_\_\_\_ (Initials)

I agree to additional or alternative investigations, treatments or operative procedures which are immediately necessary in the opinion of my Physician/Midwife.

I further agree that at his or her discretion, my Physician/Midwife may make use of the assistance of other surgeons, physicians, and hospital medical staff (including Trainees) and may permit them to order or perform all or part of the investigation, treatment, or operative procedure, and I agree that they shall have the same discretion in my investigation and treatment as my Physician/Midwife.

Patient Name \_\_\_\_\_ PHN \_\_\_\_\_

Patient's Birth Date \_\_\_\_\_

Patient's Signature \_\_\_\_\_ Date \_\_\_\_\_

Date \_\_\_\_\_ Signed \_\_\_\_\_ (Physician/Midwife)

Date \_\_\_\_\_ Name \_\_\_\_\_ Signed \_\_\_\_\_ (Witness)

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**STATEMENT BY PROFESSIONAL INTERPRETER**

COMPLETE ONLY IF A PROFESSIONAL INTERPRETER IS USED.

I have translated the above information to the: \_\_\_ Patient/Client \_\_\_ parent \_\_\_ legal guardian or representative and I have interpreted their responses to the health care provider.

\_\_\_\_\_  
SIGNATURE OF INTERPRETER

\_\_\_\_\_  
PRINT NAME

\_\_\_\_\_  
DATE SIGNED