



If you've had a previous cesarean birth, or if you're carrying a breech baby, you might think that a cesarean birth is your only option.

In fact, many women can plan a normal vaginal birth if they choose to.

To help you plan the best and safest birth option for you and your baby, talk to the maternity experts at the Best Birth Clinic at BC Women's.



The Best Birth Clinic at BC Women's Hospital & Health Centre offers information and medical consultation to pregnant women who are considering whether vaginal birth or cesarean birth would be best for them.

Best Birth Clinic
BC Women's Hospital & Health Centre
4500 Oak Street
Vancouver, BC V6H 3N1
Email: info@powertopush.ca
Phone: 604-875-2424, extension 6387

→ www.powertopush.ca/best-birth-clinic

BC Women's is one of Canada's busiest maternity hospitals and the only facility in BC devoted primarily to the health of women, newborns, and families. An agency of the Provincial Health Services Authority, BC Women's is committed to excellence in care, research and teaching.



Best
BIRTH
CLINIC

Know your options, take control.



→ Previous Cesarean?
Breech baby?



www.powertopush.ca

A project of BC Women's Hospital & Health Centre



Maternity experts at the Best Birth Clinic can provide you with information and counselling to help you make the best choice about how you want your baby to be born.



→ The Best Birth Clinic

The Best Birth Clinic offers birth information and medical consultation to pregnant women who are considering whether vaginal birth or cesarean birth would be best for them.

This includes:

- Women who have had a previous cesarean birth;
- Women who are carrying a breech baby; and
- Women who are considering cesarean birth for non-medical reasons.

Located at BC Women's Hospital & Health Centre in Vancouver, the clinic is staffed by experienced maternity experts committed to helping women plan the best birth possible. They provide comprehensive and consistent information to women, based on the best available research.

The clinic aims to assist women in making informed choices about how they want their baby to be born.

To learn more about the Best Birth Clinic at BC Women's, visit:

www.powertopush.ca/best-birth-clinic

If you have had a previous cesarean birth

Research has shown that vaginal birth can be a good option for many women who have previously had a cesarean. In many cases, a Vaginal Birth After Cesarean (called a VBAC) remains a safe option for both mother and baby.

Maternity experts at the Best Birth Clinic can provide you with information and counselling to help you make the best choice about how you want your baby to be born.

If you have a breech baby

Currently most babies in the breech position (positioned head-up, rather than head-down in the uterus) are delivered by cesarean. It may be possible to turn the baby into the head-down position before the birth; this is called an external cephalic version (ECV). However, if an ECV is unsuccessful in turning the baby, you may have the option of planning for a vaginal birth if you wish.

If you are considering a cesarean birth for non-medical reasons

You can book an appointment with a Registered Clinical Counsellor, where you can discuss current, evidence-based information on the risks and benefits of vaginal birth and cesarean birth.

Making an appointment

Your doctor or midwife can refer you to the Best Birth Clinic, or you can call the clinic directly if you prefer. Women who live outside Vancouver and would like more information are also welcome to book an appointment.

Contact the Best Birth Clinic at 604-875-2424, extension 6387.