

Currently in British Columbia, most babies in the breech position (positioned head-up, rather than head-down in the uterus) are delivered by cesarean birth.

If you have a breech baby, it may be possible to turn your baby into the head-down position before birth. This could allow you to have a normal vaginal birth.

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 largest 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.

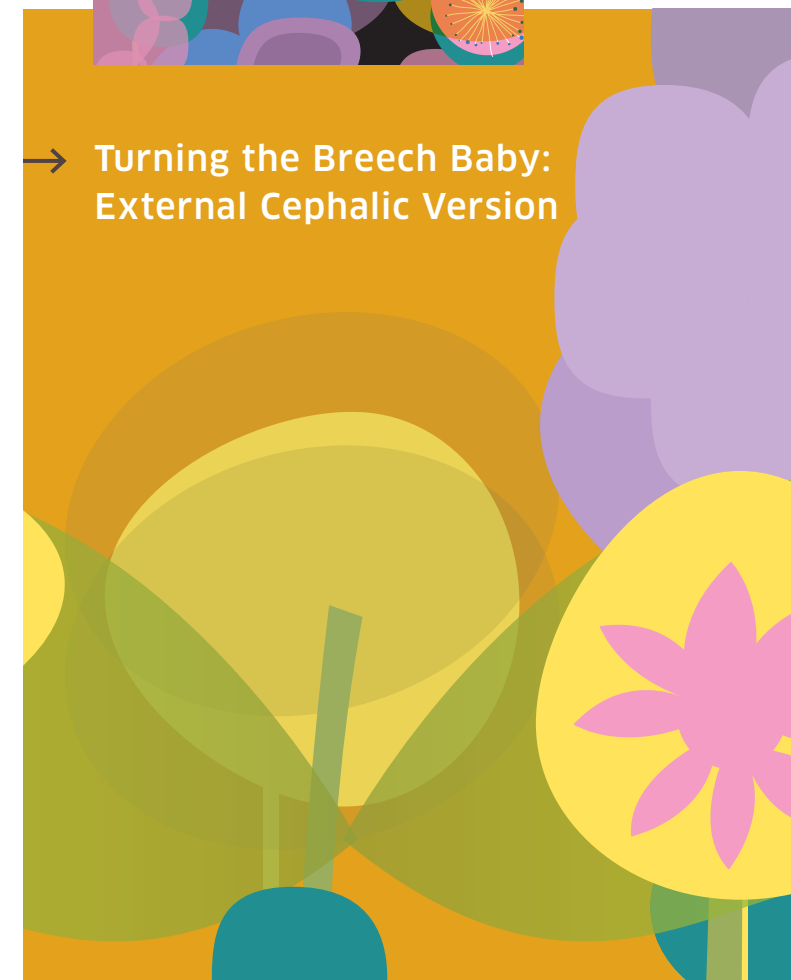


Best
BIRTH
CLINIC

Know your options, take control.



→ Turning the Breech Baby:
External Cephalic Version



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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.

Located at BC Women's Hospital & Health Centre in Vancouver, the Best Birth 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

Turning a breech baby

By 36 weeks of pregnancy, most babies are positioned head-down in the uterus. This is the normal position for birth. However, 3-4% will remain head-up in the uterus. This is called a breech position.

It may be possible to turn your baby into the head-down position before birth, allowing you to have a normal vaginal birth. This is done with a procedure called External Cephalic Version, or ECV.

With ECV, an experienced maternity care provider will apply pressure with his or her hands on your abdomen and try to help turn the baby in a somersault, using pushing or lifting movements.

If an External Cephalic Version is not successful in turning the baby to a head-down position, you may have the option of planning for a vaginal breech birth if you wish.

ECV is offered by obstetricians at the Best Birth Clinic at BC Women's Hospital & Health Centre.

Making an appointment

The Best Birth Clinic schedules appointments with women who are at least 34 weeks into their pregnancy with a breech baby. Your first appointment will help you learn about all your options for a breech baby, including ECV. If you decide to have the ECV procedure, you will return for a second 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 are also welcome to book an appointment.

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

