



If you've had a previous cesarean birth, you might think that another cesarean is your only option for your next baby.

In fact, many women can safely have a normal vaginal birth after a cesarean 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.

→ Vaginal Birth After Cesarean (VBAC)



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 at BC Women's

The Best Birth Clinic offers 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.

If you are planning a VBAC at BC Women's, you will be eligible to enter a study (RCT) on doula care (labour support) for women planning VBAC. Doulas will be assigned free of charge to 50% of the women planning VBAC.

To learn more about the Best Birth Clinic and the VBAC Doula Study at BC Women's, visit

www.powertopush.ca/best-birth-clinic

Vaginal Birth After Cesarean

Giving birth vaginally after a previous cesarean birth can be a safe and good option for many women. This is known as a Vaginal Birth After Cesarean, or VBAC (pronounced VEE-back).

Research has shown that in many cases, VBAC can be a safe option for both mother and baby. Studies show that 70% to 80% of women who plan a VBAC will be successful at having a vaginal birth.

With VBAC, you can expect to spend less time in hospital and recover faster than you did with your cesarean birth.

However, VBAC is not recommended for every woman. It's important to know the benefits and risks of planning a VBAC compared to a cesarean before you choose either approach.

Your maternity care provider can help you understand your options. You can also book an appointment at the Best Birth Clinic at BC Women's Hospital & Health Centre to learn more.

Making an appointment

The Best Birth Clinic schedules appointments with women who have had a previous cesarean birth and are at least 12 weeks into their current pregnancy.

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.