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 still be possible for you to plan for a vaginal birth if you wish.

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.

Power TO PUSH CAMPAIGN

Know your options, take control.

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 Breech Birth

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 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.

Obstetricians at the Best Birth Clinic will assess the size and breech position of your baby, in order to help you make the best choice on how to deliver your breech baby.

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

www.powertopush.ca/best-birth-clinic

Vaginal Breech Birth

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.

If an External Cephalic Version is not successful in turning the baby to a head-down position, you may still be able to plan for a vaginal birth if you wish. Your baby would be born buttocks first, rather than head first.

Determining whether a vaginal breech birth is a good option for you will depend on the specific way your baby is positioned, as well as on other factors. In some cases, vaginal breech birth is not recommended.

Your maternity care provider can help you understand your birth options for delivering a breech baby. 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 are at least 34 weeks into their pregnancy with a breech baby. Your appointment will help you learn about all your options.

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.