

VBAC Fact Sheet

Since 1996 one-third of hospitals and one-half of physicians no longer offer a trial of labor after c-section (TOLAC). C-section rates have steadily risen. There has been an increase in repeat c-sections from 50% to 85%.

The vaginal birth after c-section (VBAC) rate is 63% in women with no prior vaginal delivery, 83% in those with a prior vaginal delivery, and 94% in women with a prior VBAC.

Factors that can affect VBAC success:

- Gestational age >40wks
- Labor augmentation or induction
- Birth weight less than 400gm
- Cervical effacement >75%
- Reason for previous c-section

Benefits of TOAC:

- Decrease risk of maternal mortality
- Shorter hospital stay
- Decreased rate of deep venous thrombosis (DVT)

If VBAC successful:

- Decreased infection rate
- Decreased blood loss
- Decrease pain
- Decreased recovery

Risks of TOLAC:

- Uterine Rupture-see below
- Unsuccessful TOLAC followed by c-section increases risks of infection

Uterine Rupture:

- Incidence: 0.78% for TOLAC
- Augmentation with Pitocin does not appear to increase risk.
- If Induced the risk is 1.5%
- If Induced after 40wks the risk is 3.2%
- Prior vaginal birth decreases risk to 0.6%

Perinatal Mortality (death between 20wks gestation and 28days of life) is increased from 0.5% for elective repeat c-section to 1.3% for TOLAC.

Oxygen deprived brain injury related to delivery is increased from 0% for elective repeat c-section to 0.05% for TOLAC.

Other risks just related to vaginal birth compared to c-section includes risk of upper extremity nerve injury (Brachial Plexus Injury) increases from 0/03% in elective repeat c-section to 1.8 for TOLAC.

Please feel free to write down any questions and ask us at your following appointment. This is not meant to replace a discussion about this topic. Its purpose is to provide information for discussion. This is also not meant to be the sum total of all information available about TOLAC/VBAC risks and benefits, but a beginning point to weight your options. We neither recommend nor refuse TOLAC/VBAC options. We feel it is important that you are offered the option and to be informed as you weigh your decision.

The information here comes from the American College of Obstetrics and Gynecology (ACOG) and the National Institutes of Health (NIH).

I have received this information to aid in my decision regarding mode of birth options.

X _____ Date: _____