



RECIPE FOR A SUCCESSFUL VAGINAL BIRTH AFTER CAESARIAN (VBAC)

- Choice of Primary Caregiver
- Choice of Birth Place
- Belief that your body is capable of vaginal birth
- 100% commitment to VBAC
- Partner supportive of VBAC
- Extra support for birth
- OFP
- Increase level of fitness- exercise
- Preparation for birth
- Strategies for pre-labour
- Obtain previous birth records
- Discuss crisis of confidence
- Spontaneous onset of labour
- No intervention in physiological process
- No restriction on-time-movements/positions-food or fluids
- Fetal monitoring-Intermittent Auscultation (IA) vs CTG*
- Active upright established labour

* Fetal monitoring-Intermittent Auscultation (IA) vs CTG [Click here for further details.](#)

Safety Issues:

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- Scar dehiscence/uterine rupture <1% in spontaneous un-augmented labours **
- Tertiary Hospital Booking nearby (Emergency transfer in under 10 minutes)
- Ambulance cover
- Experienced VBAC Primary Caregiver; Obstetrician/Midwife
- Consider private MW in Hospital***

** Scar dehiscence/uterine rupture [Click here for further details.](#)

*** Consider private MW in hospital [Click here for further details.](#)

Useful Websites:

- CANA Caesarean Awareness Network Australia
- A Guide to Effective Care in Pregnancy and Childbirth
- ICAN (International Caesarean Awareness Network)
- Birthrites: healing from caesarean
- CARES (Caesarean Awareness Recover Education and Support-South Australia)

Useful books and pamphlets:

- Silent Knife by Nancy Wainer Cohen and Lois J Estner
- Open Season by Nancy Wainer Cohen
- The VBAC Companion by Diana Korte
- Birth Choices by Allison Shorten
- New Active Birth by Janet Balaskas
- Ina May's Guide to Childbirth by Ina May Gaskin