

YOUR VBAC

YOUR BODY - YOUR BABY -
YOUR BIRTH - YOUR CHOICE



If you have had a C-section and feel like your body has failed you, I want you to know 2 things.

1. You are not alone! Women tend to feel this way often, I too have felt this after my first birth.

2. You did not fail! & you most definitely gave birth to your baby!

Are you wanting a VBAC? But overwhelmed with the thought of preparing for one and navigating the system?

Then this is why I have created this VBAC guidebook for your journey.

Helpful tips for preparing for your VBAC

- When labour starts stay home for as long as possible
- Seek a service to heal any birth trauma from your previous birth
- Relinquish your fears (speaking with your doula can help this)
- Find a VBAC supportive care provider - interview them, ask all necessary questions and look for verbal red flags when interviewing
- Prepare a birth plan
- Arm yourself with knowledge because knowledge is power, your doula can and will provide you with evidence - based knowledge
- Learn to trust your body and your baby, you can do this!
- Learn about physiology of birth
- Educate your partner

BIRTH PREPERATION

Helpful questions to ask

1. Do you support VBAC's?
Listen for any negative language that is a red flag, for example "I will LET you try for a VBAC"
2. What is your policy for post - dates?
Being post - dates or "overdue" is not a reason for booking an induction or a repeat C - section
3. How many VBAC's have you supported? And how many were successful?
This will give you good indication of their statistics of VBAC vs. C - section.
4. For the unsuccessful VBAC's what were the reasons for this?
Yes, you can absolutely ask this question, and it is not disclosing personal information. This will give you a good indicator of how the care provider manages a woman in labour.
5. What are the hospital policies and procedures for VBAC mums?
You should receive a handout of these policies and procedures to take home, but it is also good to ask in person so you can look out for any red flags such as negative language and body language.

Interview your care provider to ensure they are the right fit for you and VBAC supportive!

Visit this link for more ideas on what to ask:
<https://vbacfacts.com/interview-providers-questions/>

Risks & Benefits

VBAC – Benefits

- Avoids surgery
- Lower maternal mortality and morbidity
- Faster & easier recovery
- Lower risk in future pregnancies
- Emotionally healing
- Hormonal high
- Biologically normal
- Gut colonisation
- Stronger immune system for baby

VBAC – Risks

- Higher rates of maternal morbidity only associated with a "failed VBAC"
- Uterine rupture – 0.4% to 1% or 1 in 100-240
- Uterine rupture related caesarean hysterectomy – 42%
- Perinatal mortality – 0.13% (1 in 769)
- Maternal mortality – 0.0038% (1 in 26,316)



"The most important organ in childbirth is the brain,
not the uterus"
Professor Hannah Dahlen

Knowledge and confidence (which go hand in hand)
for a VBAC is key!

Knowledge of the physiology of birth, of what
happens during labour and VBAC statistics will be
your superpower!

Just like birth is your supper power mama!


The greatest fear of having a VBAC and the most tool
used against you for coercion is the risk of uterine
rupture. The current data shows a rate of 0.4% to
1%. So yes there is a risk but it is important to
remember that 99% of women will NOT have a
uterine rupture and for the rare few that do, not all
of them will be catastrophic.

YOUR BODY - YOUR BIRTH!

**POLICIES AND PROCEDURES ARE NOT THE
LAW.**

YOUR BABY - YOUR CHOICE.

**Knowledge is
Power!**



B – What are the **BENEFITS** of choosing this option?

R – What are the **RISKS** of choosing this option?

A – What are the **ALTERNATIVES**?

I – What does your **INTUITION** tell you?

N – What if we do **NOTHING**?
Can we wait and see what happens?

When in doubt –
remember to use
the **B.R.A.I.N** tool

Resources

I have provided some resources below for you to obtain for VBAC encouragement, support and information.

Book: Birth after a caesarean – your journey to a better birth by Dr Keedle

<https://www.amazon.com.au/Birth-After-Caesarean-Journey-Better/dp/1946665584>

The VBAC podcast

<https://www.thevbaclink.com/podcast/>

VBAC birth stories

<https://creators.spotify.com/pod/profile/vbac-birth-stories/episodes/Introduction-e221gan>

VBAC facts

<https://vbacfacts.com/>

Facebook VBAC Australia support group

The VBAC education project

<https://vbac.com/vep/>

VBAC what to expect

<https://www.bellybelly.com.au/birth/vaginal-birth-after-c-section-vbac/>





I hope this information booklet is of value to you and your VBAC journey.

I want you to remember, it is your body, your baby, your birth and your choice!

You are made for this, your body was made for this!

Your feelings are valid and felt by other mamas every single day.

I hear you, I see you, I am here for you.

Please don't hesitate to reach out if you are after doula support, have any questions or just need to chat!

Love, hugs and a healing birth to you mama!

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