



Informed Choice for Vaginal Birth After Cesarean (VBAC) at Home

Client Name: _____ Partner Name: _____

- I understand that vaginal birth after a cesarean (VBAC) carries a lower risk to me than does an elective repeat cesarean delivery.
- I understand that I have had one or more prior cesarean(s) with a low-transverse uterine incision.
- I understand that I have the option of undergoing an elective repeat cesarean or attempting a VBAC at home.
- I understand that approximately 70-80% of women who undergo a VBAC will successfully deliver vaginally.
- I understand that all methods of delivery carry a small risk of harm and potential complications to both mother and baby.
- I understand that the risk of a uterine rupture during a VBAC in someone such as myself, who has had a prior incision in the non-contracting part of my uterus, is around 0.5%.
- I understand that if my uterus ruptures during my VBAC at home, there may not be sufficient time to operate and to prevent the death of or permanent brain injury to my baby. Not all tears in the uterus harm the baby. About 10% of the time the baby is harmed when the uterus tears. In other words, 5 to 10 babies out of every 10,000 VBAC attempts will suffer brain damage or death (0.05% to 0.1%).
- I understand that potential risks of a VBAC in any setting include:
 - Blood loss that may need transfusion
 - Damage to the uterus that may need hysterectomy (removal of the uterus)
 - Damage to the bladder
 - Infection
 - Blood clots
 - Death, which is very rare.
- I understand that the risk of my uterus tearing during labor is increased with any of the following:
 - Labor that is induced (does not start on its own)
 - More than 1 previous cesarean section
 - Less than 18 months since my last cesarean delivery
 - Need for medicine during labor to increase contractions
- I understand that the decision to have a VBAC in the home setting is entirely my own, and the option of an elective repeat cesarean has been discussed with me.
- I understand that if I deliver vaginally, I most likely will have fewer problems after delivery and a shorter recovery period than if I have a cesarean delivery.
- I understand that if I choose a VBAC and end up having a cesarean during labor, I have a slightly greater risk of problems, such as infection, than if I had had an elective repeat cesarean.

We have read or had read to us the above information, and we understand it. We have had the opportunity to ask questions, and all of our questions have been answered to our satisfaction. We have received or researched all the information we want in making this decision. After discussing the matter with our midwives and family:

I want to have a VBAC in my home.

Client Signature: _____

Date: _____

Partner's Signature: _____