

# EASTSIDE HEALTH

NETWORK



## REASONS TO ...

Plan a repeat cesarean birth	How much does it matter to you?	Plan a vaginal birth (VBAC)	How much does it matter to you?
You can know the date your baby will be born	★ ★ ★ ★ ★	You have a greater chance of having a vaginal birth	★ ★ ★ ★ ★
You know what to expect from the surgery	★ ★ ★ ★ ★	You have a greater chance of having an easier recovery and a shorter stay in the hospital	★ ★ ★ ★ ★
You have a smaller chance of having a tear in the scar on your uterus	★ ★ ★ ★ ★	You have a smaller chance of problems after surgery, such as infection, blood clots, or hysterectomy	★ ★ ★ ★ ★
Your baby has a smaller chance of very rare but serious complications from uterine rupture	★ ★ ★ ★ ★	You have a greater chance of having uncomplicated pregnancies in the future (fewer placenta problems)	★ ★ ★ ★ ★
You have a greater chance of avoiding labour altogether	★ ★ ★ ★ ★	You have a greater chance of having your baby with you after the birth (less admission to the nursery)	★ ★ ★ ★ ★
	★ ★ ★ ★ ★		★ ★ ★ ★ ★
	★ ★ ★ ★ ★		★ ★ ★ ★ ★

**TOTAL STARS:**

**REPEAT CESAREAN:**

**VBAC:**