

# Vaginal Birth After Cesarean (VBAC) Fact Sheet

- Vaginal birth is a safe option for many women.
- There is a lower risk for problems, such as infection.
- The recovery time is shorter.
- Half of women who tried VBAC are successful.

## **VBAC is generally safe for you if:**

- There is no medical reason for a repeat C-section.
- You have had a C-section and a vaginal delivery before.
- You have had a low, horizontal cut from your C-section (a scar straight across your lower abdomen).
- Your hospital is equipped for emergency C-sections.

## **VBAC may not be safe for you if:**

- You are pregnant with twins, triplets, or more.
- Your baby is in the wrong position (breech).
- You have had two C-sections, but no vaginal delivery.
- You have had more than three C-sections.
- You have scarring on your uterus.

There are benefits of VBAC but there may also be risks. Talk to your doctor to find out if your doctor and hospital permit VBAC deliveries, and if it is right for you.