Vaginal birth after caesarean section (VBAC)

Next birth after caesarean section

Antenatal
- Shared decision making
- Discussion ≤ 20-24 weeks:
  - Support maternal preferences
  - Capabilities of the facility
  - Previous birth information
  - Individual risks & benefits
  - Obtain informed consent
  - Document
- Consider anaesthetic review
- Preferably one obstetrician visit by 36 weeks or by 32 weeks if antenatal transfer of care required
- Document plan of care

Induction of labour
- Document obstetric and maternal shared decision making
- Requires caution due to increased risk of uterine rupture
- Prostaglandin and Oxytocin:
  - Obtain informed consent as contraindicated by manufacturer

Intrapartum admission
- Review medical chart (including prior CS report) and labour care plan
- Notify obstetric team
- Notify anaesthetic and theatre staff
- Insert ≥ 16 gauge intravenous cannula
- Group & hold, full blood count
- One-to-one midwifery care
- Continuous fetal monitoring
- For intrapartum care:
  - Refer to QCG: Normal birth

Is planned vaginal birth appropriate?

Induction of labour?

Is the progress of labour satisfactory?

Augmentation
- Discuss with obstetric team
- Refer to QCG: Normal birth
- Consider:
  - Supportive measures
  - Artificial rupture of membranes
  - Oxytocin infusion:
    - Refer to IOL box

Is augmentation appropriate?

Emergency CS

Is the progress of labour satisfactory?

Yes

Vaginal birth

Elective repeat CS
(At 39-40 week, if clinically appropriate)

Uterine rupture – signs and symptoms
- Prolonged, persistent and profound bradycardia
- Abnormal FHR pattern suggesting fetal compromise
- Abnormal progress in labour, prolonged first or second stage of labour
- Vaginal bleeding
- Cessation of previously efficient uterine activity
- Loss of station of the presenting part
- Chest pain or shoulder tip pain
- Maternal tachycardia, hypotension or shock

Definitions: CSCF: Clinical services capability framework;
CS: Caesarean section; FHR: Fetal heart rate; IOL: Induction of labour; ≤: less than or equal to; ≥: greater than or equal to
Queensland Clinical Guideline (QCG): MN15.12-V4-R20 Vaginal Birth after caesarean section (VBAC)