

## Example VBAC counselling checklist

An example checklist that can be used by clinicians when counselling women about birth after previous CS.

| Contraindications for VBAC   |                        |   | Tick when discussed      |
|--|------------------------|---|--------------------------|
| Contraindications include: previous uterine rupture; history of classical caesarean section; contraindications to vaginal birth which apply regardless of history of caesarean (e.g. placenta praevia) |                        |   | <input type="checkbox"/> |
| If complex caesarean scar (e.g. inverted T or J), or history of multiple caesarean sections, seek expert advice  |                        |   | <input type="checkbox"/> |
| Likelihood of VBAC   |                        | VBAC rate   |                          |
| One previous caesarean section, no previous vaginal birth  |                        | 72–75%*   | <input type="checkbox"/> |
| One previous caesarean section, at least one previous vaginal birth  |                        | 85–90%*   | <input type="checkbox"/> |
| Induced labour, no previous vaginal birth, BMI greater than 30, previous caesarean for dystocia  |                        | If all factors present, 40%   | <input type="checkbox"/> |
| Maternal risks of planned VBAC and ERCS  |                        |   |                          |
| Risk   | Planned VBAC           | ERCS  |                          |
| Uterine rupture*   | 0.5%                   | < 0.02%   | <input type="checkbox"/> |
| <i>*If uterine rupture occurs, 14–33% risk of hysterectomy and 6.2% risk of perinatal death</i>  |                        |   |                          |
| Serious complications in future pregnancies  | Not applicable if VBAC | Increased likelihood of placenta praevia/morbidly adherent placenta | <input type="checkbox"/> |
| Maternal mortality   | 0.004%                 | 0.013%  | <input type="checkbox"/> |
| Fetal risks of VBAC and ERCS   |                        |   |                          |
| Risk   | Planned VBAC           | ERCS  |                          |
| Antepartum stillbirth beyond 39+0 weeks awaiting labour  | 0.1%                   | Not applicable if ERCS at 39 weeks                                  | <input type="checkbox"/> |
| Hypoxic ischaemic encephalopathy (HIE)   | 0.08%                  | < 0.01%   | <input type="checkbox"/> |
| Perinatal mortality  | 0.13%                  | 0.05%   | <input type="checkbox"/> |
| Intrapartum care recommendations   |                        |   |                          |
| Recommended continuous electronic fetal monitoring in labour   |                        |   | <input type="checkbox"/> |
| One-on-one midwifery care  |                        |   | <input type="checkbox"/> |
| Birth in suitable facility   |                        |   | <input type="checkbox"/> |
| Written information leaflets provided: VBAC <input type="checkbox"/> ERCS <input type="checkbox"/> Other <input type="checkbox"/>  |                        |   |                          |

