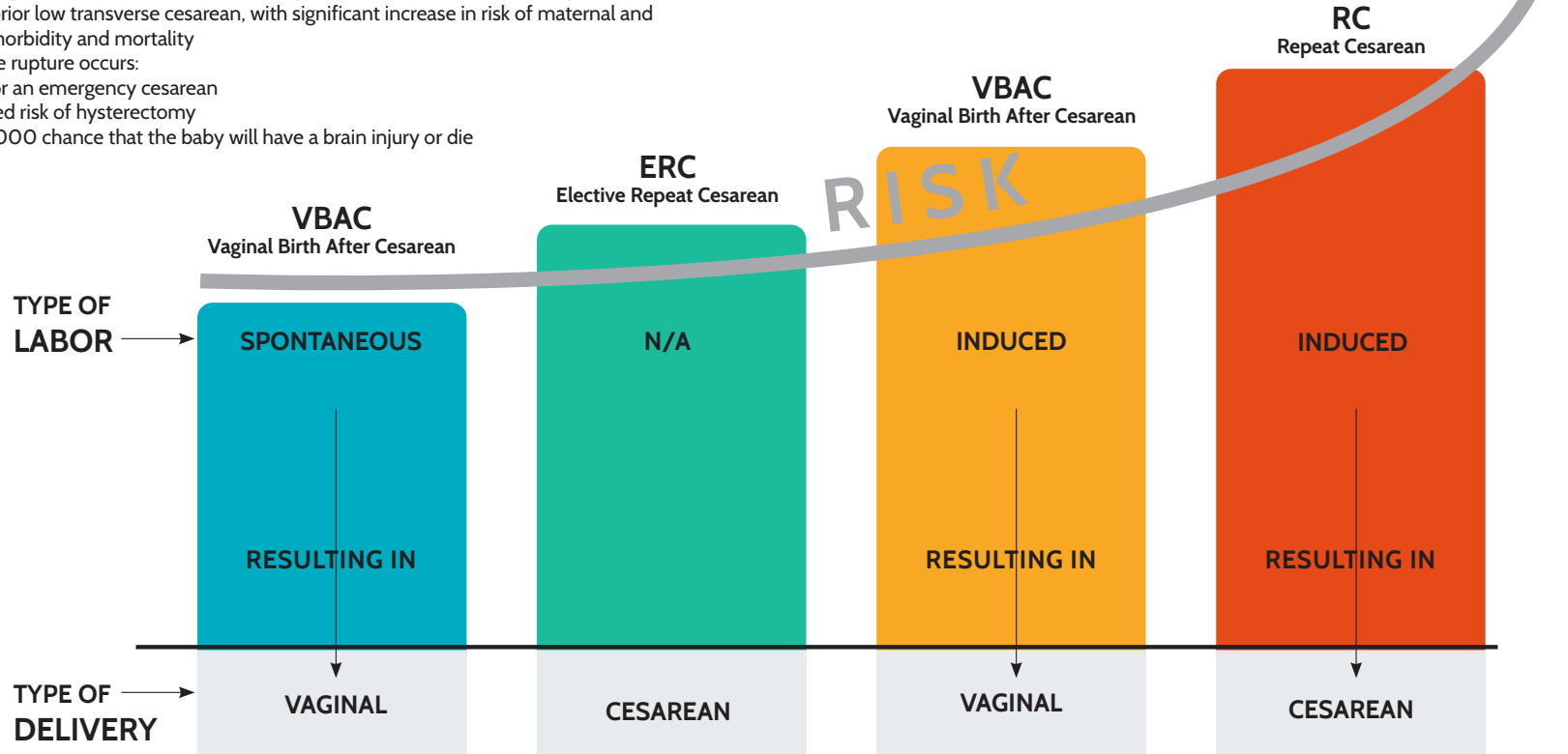


Labor After Cesarean (LAC)

A Guide to Help You Make Your Decision

LAC Risks

- Increased risk of infection with unsuccessful labor
- Risk of rupture of uterine scar of 1% with 1 prior low transverse cesarean, up to 2% with 2 prior low transverse cesarean, with significant increase in risk of maternal and infant morbidity and mortality
- If a uterine rupture occurs:
 - Need for an emergency cesarean
 - Increased risk of hysterectomy
 - A 1 in 1,000 chance that the baby will have a brain injury or die



VBAC Benefits:

- Avoid major abdominal surgery
- Shorter recovery time after delivery
- Decrease risk of maternal death
- Decrease risk of complications associated with multiple cesarean births including hysterectomy, bowel or bladder injury, blood transfusion, infection and abnormal placentation

VBAC Risk:

- Infection

ERC Benefits:

- Ability to plan for the date and time of the birth
- Comfort knowing what to expect from the surgery
- Avoid labor and the risks associated with VBAC
- Avoid the chance of going through labor and still needing a cesarean

See also Cesarean Risks

Cesarean Risks:

- For Mom:
 - A cesarean delivery is major surgery, and so has surgery-related risks including:
 - Infection
 - Severe bleeding that may lead to removal of the uterus, with inability to bear more children
 - Blood clots in the lungs or legs
 - Bowel injury or formation of intraabdominal scarring
 - Prolonged hospital stay and increased risk of having to come back to the hospital
 - Delayed bonding and breastfeeding, making the baby less likely to be breastfed
- For Baby:
 - Difficulty breathing at the time of birth
 - Minor laceration during surgery
- For future pregnancy:
 - Increased risk of uterine rupture
 - Increased risk of abnormal location and growth of the placenta
 - Problems after birth leading to heavy bleeding, which could lead to the removal of the uterus

A note about the number of Cesareans:

Are you planning on having more than two children?
 Each repeat C-section is generally more complicated than the last and comes with increased risk. The number of C-sections you've had can also affect your future delivery options.

Risks Exist with Both VBAC and RC

VBAC Vaginal Birth After Cesarean

Risk of infection

Risk of uterine rupture
Risk of hysterectomy

Risk of fetal death due to uterine
rupture

Risk of maternal death due to uterine
rupture

RC Repeat Cesarean

Risk of infection

Risk of breathing problems
for baby
Risk of placenta problems in 3rd
pregnancy after two prior cesareans

Risk of hysterectomy