If you’ve had a previous cesarean birth, you’ve probably heard a lot of myths about Vaginal Birth After Cesarean (VBAC).

**Here are the facts**

### You can have a VBAC!

Average VBAC success rate is **60-80%**. The overall vaginal birth rate for all women is **68%**.

The KEY INGREDIENT for a VBAC? **A supportive provider**, not just one who will “let you try.”

### VBAC is underused

**Most** people with a past cesarean are candidates. Yet only **12%** get a VBAC. Many people are discouraged by unwilling care providers or policies at the birth facility.

### VBAC has risks and so do repeat cesareans.

Research shows the risk of uterine rupture is **less than 1%** for VBAC. Some studies show it as low as **0.22%**. When there is a uterine rupture, other research shows that about 6% of those ruptures result in the death of the baby, or 3% if it’s a full-term pregnancy. Your risk is highest if there is less than 18 months between your cesarean and your next birth, and gets lower the more time passes.

### Uterine rupture decreases significantly after first VBAC

- 2008 study showed the rate of UR decreased by 50% after the first successful VBAC and did not increase with additional VBACs.

### Each cesarean increases risk

- Chances of placenta position and growth abnormalities and hysterectomy increase with each cesarean.
- For example, risk of a serious medical complication known as placenta accreta with placenta previa increases with each cesarean.

### IF YOU CHOOSE A VBAC:

**Step 1: Get the facts on VBAC**

The National Institutes of Health, ACOG and other medical organizations agree: VBAC is a safe option for most women!

**Step 2: Get support**

Connect with parents who have been there. Check out some of the questions others have about VBAC.

**Step 3: Find the right provider**

Ask tough questions to be sure you have a supportive provider. Here are questions to start with:

- Do you think I’m a good candidate? Why or why not?
- Do you have any routine policies or restrictions for VBAC candidates?

Learn more about VBAC by signing up for a Lamaze class, in-person or online!

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**VISIT WWW.LAMAZE.ORG TO LEARN MORE.**

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