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2/8/24

VAGINAL BIRTH AFTER CESAREAN SECTION (VBAC)

Policy

Currently, VBAC is available to VCHCP members on an elective or emergency basis.

Background

The following recommendations are based on good and consistent scientific evidence:

- Most women with one previous cesarean delivery with a low-transverse incision are candidates for vaginal birth after cesarean delivery (VBAC) and should be counseled about VBAC and offered a trial of labor.
- Epidural anesthesia may be used for VBAC.

The following recommendations are based on limited or inconsistent scientific evidence:

- Women with a vertical incision within the lower uterine segment that does not extend into the fundus are candidates for VBAC.
- The use of prostaglandins for cervical ripening or induction of labor in most women with a previous cesarean delivery should be discouraged.

The following recommendations are based primarily on consensus and expert opinion:

- Because uterine rupture may be catastrophic, VBAC should be attempted only in institutions equipped to respond to emergencies with physicians immediately available to provide emergency care. In particular, the institution must have anesthesia, operating room with staff, and obstetrician available 24 hours in house.

A. Attachments: None

B. References

American College of Obstetricians and Gynecologists (ACOG). Vaginal birth after previous cesarean delivery. Washington (DC): American College of Obstetricians and Gynecologists (ACOG); 2004 Jul. 10 p. (ACOG practice bulletin; no. 54). [105 references]

C. History

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Reviewers: Reviewed/Revised by:
 Fred Kelley, MD & Cynthia Wilhelmy, MD; Date: August 2005
 Committee Review: UM Committee on 10/24/05 & QA on 8/23/05 and 11/15/05
 Reviewed/Revised by: Faustine Dela Cruz, RN & Albert Reeves, MD; Date: 11/7/11
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 Reviewed/No Changes: Albert Reeves, MD; Date: 4/17/12
 Committee Reviews: UM on 5/10/12 & QA on 5/22/12
 Reviewed/No changes: Albert Reeves, MD; Date: 1/28/13
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 Reviewed/No Changes: Catherine Sanders, MD
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 Committee Review: UM: February 2, 2023; QAC: February 7, 2023
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Revision Date	Content Revised (Yes/No)	Contributors	Review/Revision Notes
2/9/17	No	Catherine Sanders, MD; Robert Sterling, MD	Annual Review
2/8/18	No	Catherine Sanders, MD; Robert Sterling, MD	Annual Review



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2/8/24

2/14/19	No	Catherine Sanders, MD; Robert Sterling, MD	Annual Review
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2/8/24	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review
2/20/25	Yes	Howard Taekman, MD and Robert Sterling, MD	Added “Currently, VBAC is available to VCHCP members on an elective or emergency basis.”