

## POLICIES ON VAGINAL BIRTHS AND C-SECTIONS

We are delighted to assist you during your pregnancy. Our team works closely with the OB/GYN physicians at Huntsville Hospital to ensure that you receive the safest, most complete care possible. The information below highlights policies that apply to all providers at the UAB Huntsville Family Medicine Clinic.

### TOLAC & VBAC

A trial of labor after Cesarean section (TOLAC) is a planned attempt to have a vaginal birth after previously having a Cesarean delivery. A successful TOLAC results in a vaginal birth after Cesarean (VBAC), while an unsuccessful TOLAC results in another Cesarean delivery, or C-section.

#### **A TOLAC is not an option if you've had:**

- Two or more previous C-sections
- A previous classical incision, T-incision, or uterine rupture
- Placenta previa or other conditions where vaginal delivery is not recommended

**In other situations, a TOLAC may or may not be an option, so patients are evaluated on a case-by-case basis. These situations include:**

- Your baby is likely to weigh at least 8 pounds and 14 ounces
- You haven't gone into labor by 40 weeks
- You have gestational diabetes or another type of diabetes that isn't under control
- You had a previous baby whose shoulder got stuck during delivery (shoulder dystocia)

#### **To even consider a TOLAC, you should be comfortable with all of the following:**

- Seeing a high-risk obstetrician, if recommended
- Inducing labor at 39-40 weeks, if your cervix is ready with a Bishop score of 4 or more
- Inducing labor earlier than 40 weeks, if necessary, due to preeclampsia, high blood pressure, or other medical conditions
- Having another C-section, if your cervix is not ready by 40 weeks with a Bishop score of 3 or less

#### **You should also be comfortable with the following during labor:**

- Having an IV
- Continuous monitoring of the baby's heart rate and your contractions
- Receiving antibiotics during labor, to prevent a group B strep (GBS) infection in your baby, if you have GBS
- Cervical checks
- A catheter (small tube) in the uterus that measures the strength of your contractions
- A blood transfusion, if necessary (unless you have a religious objection)

**If you feel unable or unwilling to follow any of these policies, we regret that we will be unable to provide obstetric care during your pregnancy.**

**THANK YOU FOR YOUR UNDERSTANDING AND COOPERATION, AND WE LOOK FORWARD TO SUPPORTING YOU THROUGHOUT YOUR PREGNANCY JOURNEY.**