

Name: Hanna Wenerd

Birth Option: VBAC

| <u>Pro</u>   | <u>Con</u>   |
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| <ul style="list-style-type: none"><li>- Shorter hospital stay</li><li>- avoid future C-sections</li><li>- lower infection risk</li><li>- no surgery</li><li>- faster recovery</li><li>- less pain post partum</li><li>- experience of a vaginal birth</li><li>- higher rates of breast feeding success</li></ul> | <ul style="list-style-type: none"><li>- rupture of uterus</li><li>- blood loss</li><li>- infection of uterus</li><li>- possible need for blood transfusion</li></ul> |

• From your research, would you recommend this birthing style? Why?

From my research I would recommend this birthing style to the right candidate. A vaginal birth after a C-section could be a good experience for a prior C-section mother. They can go home sooner, less pain, and avoid future C-sections. Although, it seems very scary to possibly rupture your uterus from a C-section scar. Taking into account you are at the hospital I would ensure the mother she is safe with either option she chooses while knowing all risks and benefits.