



## VBAC Information Package

Congratulations on the upcoming birth of your baby! This binder is intended to assist women and their families considering a Vaginal Birth After Caesarean (VBAC). There is a great deal of information and opinions available regarding VBAC and we have compiled a selection of these resources for you. Please take some time to read the information we have provided. Feel free to bring any questions or concerns you may have to your prenatal appointments to discuss with your midwife.

All of the Pomegranate midwives have assisted women in having VBACs. We are committed to providing safe, comprehensive care in a supportive manner in the hope that you feel empowered by your birth experience.

In this package, you will find the following information:

- Guideline for Vaginal Birth after One Previous Low Segment Caesarean Section, College Of Midwives of BC
- Guidelines for Vaginal Birth After Previous Caesarean Birth, Society of Obstetricians and Gynaecologists of Canada (SOGC)
- Guidelines for Vaginal Birth After Caesarian Section, BC Women's Hospital
- Vaginal Birth After Cesarean Checklist, International Cesarean Awareness Network, Inc.
- Vaginal Birth After Cesarean Desire/Confidence Scale, Penny Simkin and Anna Tucker
- A VBAC Birth Story

In addition to the articles in this binder, you may find the following websites helpful:

<http://www.vbac.com/>

<http://www.ican-online.org/>

<http://www.birthrites.org/>

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