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## Vaginal Birth After Cesarean (VBAC) at CPMC

Giving birth is one of the most important events in a woman's life, and California Pacific Medical Center is committed to making it a wonderful experience for all of the families who choose to deliver at our hospitals. We recognize our responsibility in providing care which gives our patients the best possible outcome.

### Background

- California Pacific Medical Center merged with St. Luke's in January 2007. One of the greatest advantages patients derive from this merger is the opportunity for clinicians to share best practices and capabilities from both entities.
- To ensure the highest quality and safe obstetric care, all high risk obstetric services have been consolidated on the California Campus, where highly trained neonatologists, perinatologists and in-house anesthesiologists are present to provide the necessary specialized care.
- One such procedure that will continue to be offered at the California Campus is the vaginal birth after cesarean (VBAC).
- St. Luke's will continue to provide obstetric services, including those from certified midwives.

### Key Considerations

VBAC is considered high risk because between 0.5 and 1% of VBACs can result in a uterine rupture.

- It is a rare event but when it happens, it is sudden, without warning, and has potentially deadly consequences for both mother and baby.
- We want pregnant women who choose to have a VBAC to be in the facility that is best equipped to take care of any problems that may occur with VBAC deliveries.
- 1% may not seem like a big number but it means that out of every 100 deliveries, one could end in the death of a mother or baby. This is not a risk CPMC or obstetricians take lightly.
- The decision to move VBACs to our California Campus was made by the St. Luke's medical staff based on safety concerns for the lives of mothers and their babies.

CPMC and St. Luke's are not "banning" VBACs.

- VBACs are still available at the California Campus since it is better equipped to handle high risk obstetrics.
- We are not requiring patients who previously had a cesarean, and who now desire to have a VBAC, to plan a cesarean for future births. The only thing we are requiring is for patients who wish for a VBAC to deliver at the location best equipped for this type of high risk labor.
- Just as the St. Luke's Campus doesn't offer other high risk procedures such as heart transplants and cardiac surgery that are available on CPMC's other campuses, VBACs are not offered at St. Luke's.
- While the risk of VBACs may seem low, studies show that the outcome for both mother and baby can be devastating should a uterine rupture occur. Our commitment to provide the best experience and the best outcomes for a VBAC is at the California Campus.

### Contact Information

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