

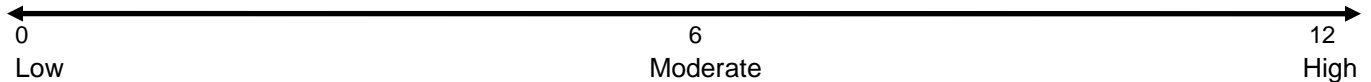
Preferences for Vaginal Birth After Cesarean vs. Elective Repeat Cesarean Birth

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Adapted from the Royal Women's Hospital consumer booklet: "My Last Birth Was a Cesarean. What Are My Options?"
http://www.thewomens.org.au/uploads/downloads/HealthInformation/Publications/VBAC_2010.pdf

Desire for Vaginal Birth (Put an X in the box that best describes your desires.)	Not Important	Somewhat Important	Very Important
I want to experience labor and birth			
I want to try for a vaginal birth even if my chances are low.			
I want to avoid anesthesia-related problems.			
I want an easier start to breastfeeding.			
I want a shorter hospital stay.			
I want a shorter physical recovery.			
Add up number of Xs in each column			
Multiply by:	x 0	x 1	x 2
Score:	= 0	=	=
Add your <u>Somewhat</u> and <u>Very Important</u> scores together. Put your score on the arrow below:			

My Desire For VBAC Is...



Desire for Cesarean Birth (Put an X in the box that best describes your desires.)	Not Important	Somewhat Important	Very Important
I want to be able to plan a date and organize my family's schedule.			
I don't want to feel any labor pain.			
I don't want stitches in my vagina or perineum.			
I want to know what to expect.			
I want the smallest risk of uterine rupture.			
I want the most predictable experience.			
Add up number of Xs in each column			
Multiply by:	x 0	x 1	x 2
Score:	= 0	=	=
Add your <u>Somewhat</u> and <u>Very Important</u> scores together. Put your score on the arrow below:			

My Desire For ERCS Is...

