

Breech presentation

Discussion points in presence of a breech presentation.

Date _____

Time _____

To effectively reduce risk to you and your baby, it would be advisable to birth in a hospital with obstetric Drs who care for both pregnant woman and new born infants.	Initials
<p>Before choosing a vaginal breech birth, it should be discussed what type of breech presentation you have as this alters the risk. I would advise referral to our obstetric team for further discussion around risk and delivery options. We may advise against a vaginal birth if:</p> <ul style="list-style-type: none"> • your baby is a footling breech (one or both of the baby's feet are below its bottom) • your baby is larger or smaller than average (your healthcare team will discuss this with you) • your baby is in a certain position, for example, if its neck is very tilted back (hyper extended) • you have a low-lying placenta (placenta praevia); see the RCOG patient information Placenta Praevia, placenta accreta and vasa praevia • you have pre-eclampsia or any other pregnancy problems; see the RCOG patient information Pre-eclampsia. 	
Research has shown there is reduced risk to the mother from a vaginal breech birth compared with a caesarean section however there is a small increased risk of a baby dying or suffering an injury if born in the breech position. RCOG (2022)	
There is an increased risk of cord prolapse. This is an obstetric emergency and would require immediate delivery. This would be significantly delayed if labour was taking place at home.	
There is an increased risk of baby dying/being born severely unwell when a cord prolapsed occurs.	
4 in 10 women planning a vaginal breech will require a caesarean section at some point during their labour.	
<p>If you have a vaginal breech birth, your baby's heart rate will usually be monitored continuously as this has been shown to improve your baby's chance of a good outcome. RCOG(2022)</p> <p>This type of monitoring cannot be carried out in the home environment.</p>	
Our community midwives are trained to deliver a breech birth but few have gained experience in doing so.	

For further information:

NHS Choices: www.nhs.uk/conditions/pregnancy-and-baby/pages/breech-birth.aspx

National Childbirth Trust (NCT): www.nct.org.uk/birth/breech-birth

RCOG Breech baby at the end of pregnancy patient information leaflet:
<https://www.rcog.org.uk/for-the-public/browse-all-patient-information-leaflets/breech-baby-at-the-end-of-pregnancy-patient-information-leaflet/>