

Resources

Please feel free to ask for a Next Birth After Caesarean Section information package.

NBAC Clinic

Tel: (08) 9340 1626

Birthrites: Healing After Caesarean Inc.

www.birthrites.org

Community Midwifery WA Pregnancy and Childbirth Resource Centres

Located in Fremantle, Kalamunda and Joondalup

www.cmwa.net.au

Tel: (08) 9430 6882

Your Child Health Nurse

Women and Newborn Health Library, KEMH

Tel: (08) 9340 1100

Postnatal Depression Support

- From the Heart WA
www.fromtheheartwa.org.au
- Post and Antenatal Depression Association (PANDA) helpline
1300 726 306 (7.00am - 5.00pm)

Additional information can also be accessed from the following websites:

<http://kemh.health.wa.gov.au/health/VBAC/index.htm>

<http://kemh.health.wa.gov.au/services/NBAC/index.htm>

Your midwife or doctor will be happy to talk through your options and answer any questions you may have.

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Every picture tells a story.

Thank you to all the women who so generously provided their photos for use in this publication.

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This information is available in alternative formats upon request

WOMEN AND NEWBORN HEALTH SERVICE

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Government of Western Australia
Department of Health



Delivering a Healthy WA

Next Birth After Caesarean (NBAC) For women who have had a previous caesarean section



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Choices for your next birth after a caesarean

King Edward Memorial Hospital (KEMH) offers an innovative midwifery-led antenatal clinic for women who have previously had a baby by caesarean section.



The Next Birth after Caesarean (NBAC) clinic offers:

1. Care in pregnancy

- A service specifically designed for women who have had a previous caesarean section.
- Evidence based and unbiased information about choices: either a vaginal birth after caesarean section (VBAC) or a planned caesarean section.
- Birth preparation classes: either VBAC preparation class or planning a positive caesarean section class.
- Assistance with writing a birth plan according to individual choices.

The NBAC clinic aims to offer consistent information and care based on the latest research and evidence.

“Our aim is to empower you to make the right choices for you”

2. Postnatal support and information after a caesarean section

- Women who are suitable for the clinic will receive a telephone call, outlining postnatal support and information, 6-8 weeks after having a caesarean section at KEMH.
- Midwifery telephone support is offered to all women wanting information on planning a next birth, either in the preconception stage, during pregnancy or after delivery.



Who is eligible for this clinic?

The NBAC clinic is available to all women who have had a previous caesarean section and choose to birth at KEMH.

Women who have complicating medical conditions and need close supervision by a doctor (for example an elevated BMI) will be seen by their specialist obstetric team. These women can still access some services within the NBAC clinic, including the preparation classes and telephone consultations with midwives.

