

TOLAC & VBAC & ACOG, OH MY!

If you've had a previous cesarean birth, you may be wondering whether a vaginal birth is an option for your next baby. The good news? For many people, TOLAC (Trial Of Labor After Cesarean) and VBAC (Vaginal Birth After Cesarean) are safe and supported choices. Below are ACOG's (American College of Obstetricians and Gynecologists) current guidelines and recommendations to help you understand your options and discuss them confidently with your care provider.

Are you a good candidate?

- One or two prior low-transverse cesarean incisions
- No other uterine scars or prior uterine rupture
- Pregnant with one baby in head-down position
- Birth planned at a facility with emergency cesarean capability



Induction & Labor Management

- Induction can be offered but has slightly higher rupture risk than spontaneous labor.
- Misoprostol (Cytotec) should NOT be used after prior cesarean.
- Mechanical methods (like a Foley balloon) are considered safe and effective.
- Pitocin can be used carefully with close monitoring.
- Continuous fetal monitoring is recommended during TOLAC.

Preparing for VBAC

- Bring your prior cesarean operative report (to confirm incision type).
- Discuss risks, benefits, and local VBAC success rates with your provider.
- Choose a hospital with 24/7 surgical and anesthesia availability.