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

NBAC Clinic
Tel: (08) 6458 1626

Birthrites: Healing After Caesarean Inc.
www.birthrites.org

The Bump WA
9498 6033
thebumpwa.org.au

Your Child Health Nurse
Women and Newborn Health Library, KEMH
Tel: (08) 6458 1100

Postnatal Depression Support
- Post and Antenatal Depression Association (PANDA) helpline
  1300 726 306 (7am-5pm AEST)
  www.panda.org.au
- LifeLine 131114 (24hrs)
- Pregnancy Birth and Baby Helpline
  1800 882 436 (24hrs)

Additional information can also be accessed from the following websites:

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

Every picture tells a story.
Thank you to all the women who so generously provided their photos for use in this publication.

WOMEN AND NEWBORN HEALTH SERVICE
King Edward Memorial Hospital
374 Bagot Road Subiaco WA 6008
Telephone: (08) 6458 2222

This document can be made available in alternative formats on request for a person with a disability.

Produced by Women and Newborn Health Service
Email: kemh.hl@health.wa.gov.au
Web: www.wnhs.health.wa.gov.au
© March 2009 WNHS 0499 Rev 4, Reviewed March 2017

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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 or an information pack in the mail, 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.

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.