

**Turning a breech baby
in the womb**
(external cephalic version)



Obstetrics & Gynaecology

patientinformation



The Rotherham
NHS Foundation Trust

Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



This information is based on the Royal College of Obstetricians and Gynaecologists (RCOG) guideline External Cephalic Version and Reducing the Incidence of Breech Presentation (published by the RCOG in December 2006).

This information will also be reviewed, and updated if necessary, whenever the guideline has been reviewed. The guideline contains a full list of the sources of evidence we have used.

Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: your.experience@nhs.net

Slovak

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

ئاگەر تۆ یان کەسێک که تۆ دەپێناسی پێویستی بەیارمەتی هەبێت بۆ ئەوەی لەم بەلگەنامە بە تێبگات یان بێخوێنیتەوه، تکلیه پەیوەندیمان پێوه بکە لەسەر ئەو ژمارەیهی سەروددا یان بەو نیمههێله.

کوردی سۆرانی

Arabic

إذا كنت انت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

عربی

Urdu

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

اُردو

Farsi

اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

فارسی

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation company **Big Word**.

Big Word can be accessed through the search option on the Hub.

Turning a breech baby in the womb

What is breech?

Breech means that your baby is lying 'bottom first' or 'feet first' in the womb (uterus) instead of in the usual head first position.

In early pregnancy breech is very common. As pregnancy continues, a baby usually turns by itself into the head first position. Between 37 and 42 weeks (term), most babies are lying head first, ready to be born.

What is External Cephalic Version (ECV)?

Vaginal breech birth is more complicated than normal birth. Your Obstetrician or Midwife may advise trying to turn your baby to a 'head first' position.

This technique is called External Cephalic Version (ECV). This is when gentle pressure is applied on your abdomen which helps the baby turn a somersault in the womb to lie 'head first'.

What is the main benefit of ECV?

ECV increases the likelihood of having a vaginal birth.

When can it be done?

ECV is usually tried after 36 weeks. Depending on your situation, ECV can be done right up until you give birth.

Turning a breech baby in the womb

Does ECV always work?

ECV is successful for about half of all women (50%). Your Obstetrician or Midwife should give you information about your own individual chance of success.

Relaxing the muscles of the womb with medication during an ECV is likely to improve the chance of success. This medication will not affect the baby. You can help by relaxing your abdominal (tummy) muscles.

If the baby does not want to turn, it is possible to have a second attempt on another day.

If the baby does not turn after a second attempt, your Obstetrician or Midwife will discuss your options for birth (see RCOG Patient Information leaflet titled 'A breech baby at the end of pregnancy').

Is ECV safe for me and my baby?

ECV is generally safe and does not cause labour to begin. The baby's heart will be monitored before and after the ECV.

Like any medical procedure, complications can sometimes occur. About one in 200 (0.5%) babies need to be delivered by emergency caesarean section immediately after an ECV because of bleeding from the placenta and/or changes in the baby's heartbeat.

An ECV should be carried out in a place where the baby can be delivered by emergency caesarean section if necessary.

Turning a breech baby in the womb

ECV should not be carried out if:

- You need a caesarean section for other reasons
- You have had vaginal bleeding during the previous seven days
- The baby's heart rate tracing (also known as a CTG) is abnormal
- Your womb is not the normal 'pear shape' (some women have a womb which resembles a 'heart shape', known as a bicornuate uterus)
- Your waters have broken before you go into labour (see RCOG Patient Information leaflet titled 'When your waters break early' (preterm prelabour rupture of membranes)
- You are expecting twins or more (except before delivering the last baby).

Is ECV painful?

ECV can be uncomfortable. Tell your Obstetrician or Midwife if you are experiencing pain so they can move their hands or stop.

At home after ECV

You should telephone the hospital if you have bleeding, abdominal pain, contractions or reduced movements after ECV.

Is there anything else I can do to help my baby turn?

There is no scientific evidence that lying down or sitting in a particular position can help your baby to turn. Always ask if you are unsure or want further information.

How to contact us

Greenoaks Ante-Natal Clinic

Telephone 01709 424347

Ward B10

Telephone 01709 424348

Labour Ward

Telephone 01709 424491

Switchboard

Telephone 01709 820000

Your local midwife and GP contact numbers will be on your handheld maternity notes.

Useful contact numbers

If it's not an emergency, please consider using a Pharmacy or call NHS 111 before going to A&E.

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

A&E

Telephone 01709 424455

For GP out of hours, contact your surgery

Useful websites

www.therotherhamft.nhs.uk

www.nhs.uk

www.gov.uk

www.patient.co.uk

Easyread websites

www.easyhealth.org.uk

www.friendlyresources.org.uk

www.easy-read-online.co.uk

We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

Patient Experience Team

The Oldfield Centre
The Rotherham NHS
Foundation Trust
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD

Telephone: 01709 424461

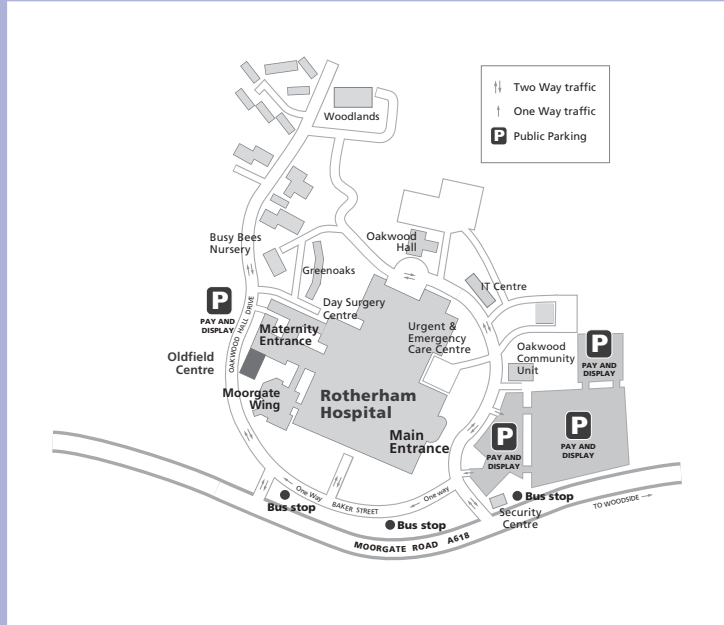
Monday to Friday

9.00am until 4.00pm

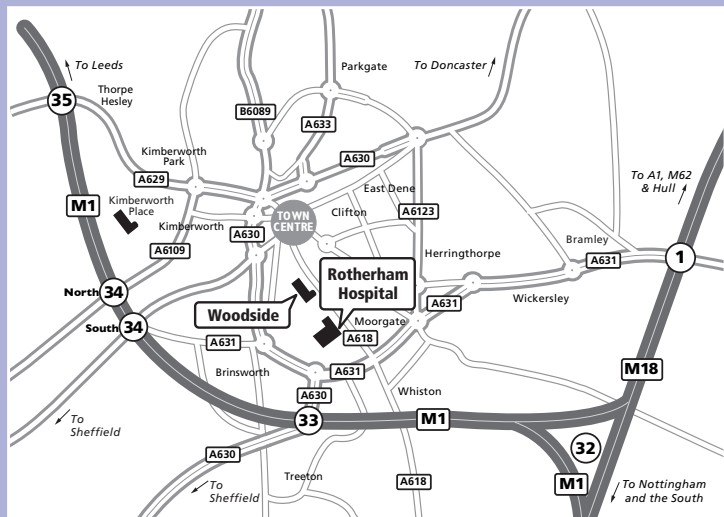
Email: your.experience@nhs.net

How to find us

Hospital site plan



Rotherham main routes





Sustainable Forests / Low chlorine

LS 590 01/19 V5 Jones & Brooks



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Oakwood
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