

## Hibiscus Women's Care

# External Cephalic Version Informed Consent

---

These instructions are for general information only and specifically for low-risk obstetric patients of Hibiscus Women's Care. Patients who are not cared for by Hibiscus Women's Care should follow the instructions of their own designated obstetric providers.

### Procedure

An external fetal monitor is placed and an intravenous line is started. The physician uses a bedside ultrasound machine to monitor the position and heartbeat of the baby during the procedure. Gentle pressure on the baby's head and buttocks is used to reposition the baby to a head-down position.

The baby is monitored for 1-2 hours after the procedure.

### What to expect

This is uncomfortable for most people, but not extremely painful. An epidural may be done, but anesthesia is not necessary in most cases. The doctor will terminate the procedure if there is severe pain or if the baby shows signs of distress.

This procedure is successful about 50% of the time. Several attempts may be necessary, depending on the baby's position. If the baby's back is facing directly anterior, it is not possible to perform external cephalic version.

### Possible complications

Fetal distress	Rupture of the uterus (rare)
Abruption of placenta (rare)	Reversion to breech
Fracture of fetal limbs (rare)	Labor or rupture of membranes

### **Alternatives**

Elective cesarean section may be done at 39 weeks. Some babies who are still breech at 37 weeks may turn on their own by the time the mother goes into labor. If not, a cesarean section will be done when the patient presents to labor and delivery if the baby is still breech.

Chiropractic treatments, acupuncture, and use of herbs (moxibustion) are alternative treatments. Certain exercises may be helpful.

### **When to call the doctor**

The baby should move normally after external cephalic version. The physician should be contacted if there is decreased fetal movement, vaginal bleeding, or abdominal pain after successful or unsuccessful external cephalic version.