

GENESIS OB/GYN, INC.

EXTERNAL VERSION

External version, the turning of a baby from a breech position (bottom down), to a vertex, (head first) has been used in obstetrics throughout the ages.

Its success has been improved over time with the use of tocolytic agents. These agents, primarily Terbutaline, are used to relax the uterus. With a relaxed uterus, the process of turning the baby within the uterus is much easier.

With the help of Terbutaline, we experienced a 90% success rate for turning the baby on the first attempt. The percent of spontaneous vaginal head first delivery after this is 70%. This is because some infants revert to breech and some are too large for the birth canal. In addition during labor some babies get into distress and require abdominal delivery.

The external version is done at 37-38 weeks gestation. This is to insure a mature baby, should delivery become necessary. Delivery may become necessary due to fetal distress; that is, the baby being tangled or lying in its cord, or problems with the placenta. While we have never seen that in this office, there is a small chance of the baby becoming distressed and having to be delivered by emergency Cesarean Section. The chance of this happening is 1 in 100.

In summary, the chance of successful version is 90%. The anticipated success overall of head first vaginal delivery is 70% with normal labor outcome.