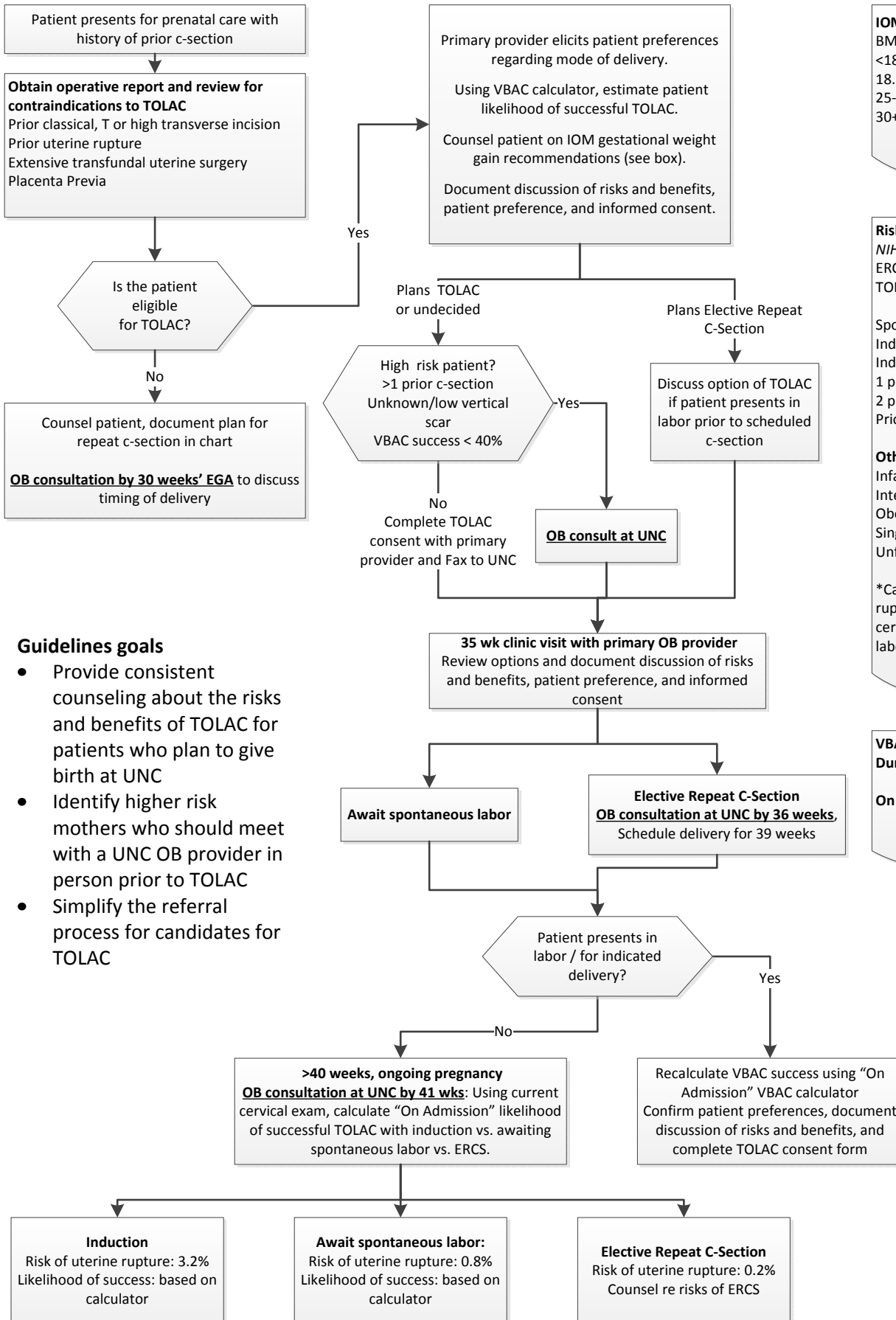




TOLAC Counseling (Trial Of Labor After C-section)



IOM GWG guidelines

BMI	Recommended gain
<18.5	28-40 lbs
18.5-24.9	25-35 lbs
25-29.9	15-25 lbs
30+	11-20 lbs

Risk of uterine rupture (%)
NIH Consensus Conference¹

Category	Risk (%)
ERCS	0.2
TOLAC	0.8
Spontaneous labor	0.8
Induction	1.5*
Induction >40 wks	3.2*
1 prior LTCS	0.6
2 prior LTCS	1.6
Prior SVD	0.6

Other risk factors:
 Infant >4,000 g
 Interpregnancy interval < 18 months
 Obesity
 Single-layer closure
 Unfavorable cervix at admission

*Case:control data suggest that risk of rupture with induction and a favorable cervix (≥ 4cm) is similar to spontaneous labor²

VBAC Calculator
 During pregnancy: bit.ly/V8LkZl
 On Admission to L&D: bit.ly/116OtfX

Guidelines goals

- Provide consistent counseling about the risks and benefits of TOLAC for patients who plan to give birth at UNC
- Identify higher risk mothers who should meet with a UNC OB provider in person prior to TOLAC
- Simplify the referral process for candidates for TOLAC