

# Breech Clinic

May 2024

## The Royal Hospital for Women (RHW) Breech Clinic

RHW Breech Clinic is for women and their families whose babies are in a 'bottom first' or 'breech' presentation towards the end of their pregnancy.

The Breech Clinic team consists of an obstetrician and a midwife. Information is shared and we partner with you to support personalised decision making around the care of your pregnancy and the birth of your baby.

The Breech Clinic is in the Outpatients Department and takes place on a Thursday morning between 9.00am and 12.30pm (excluding public holidays).

## Appointments and referrals

The Breech Clinic welcomes all women whose baby is presenting breech and wishing to discuss their birthing options. Women are referred to the Breech Clinic by their health care provider; obstetrician, GP or midwife. **Appointments can be made by calling in business hours the Outpatients Department on 9382 6048 or the Clinical Midwifery Consultant for breech clinic on 0407 498 197.**

Your health care provider should organise an ultrasound for you to have prior to coming to your appointment.

## What to expect at your appointment?

The aim of this clinic is to work in partnership with you to support your decision making for care going forward.

At your appointment we will discuss your ultrasound, your thoughts and preferences and discuss your options. Ask many questions! We want you to feel you have all the information you need to make the best decision for you and your baby.

Information and discussion will occur around options including;

- Trying to turn your baby to 'head down' (cephalic) presentation. This is called External Cephalic Version (ECV)
- Mode of birth option; vaginal breech birth or caesarean birth

It can be overwhelming at times! Utilising the BRAIN acronym may aid you throughout this process.

You can use the BRAIN acronym to help remember the steps:

|                     |  |
|---------------------|--|
| <b>Benefits</b>     | What are the benefits of making this decision? |
| <b>Risks</b>        | What are the risks involved?                   |
| <b>Alternatives</b> | Are there any alternatives?                    |
| <b>Intuition</b>    | What does my intuition say to do?              |
| <b>Nothing</b>      | What if we do nothing (can we wait and see)?   |

Remember.....

'Whatever you decide, the team at The Royal Hospital for Women will support your decision and care for you and your baby safely.'

Endorsed May 2024. Reviewed by clinicians and consumers in development stage.

Should you wish to discuss any aspect of this information please send an email to [RHWfeedback@health.nsw.gov.au](mailto:RHWfeedback@health.nsw.gov.au)