

## Breech at RHW

A baby in breech presentation, where the baby's buttocks present and not the head into the mother's pelvis; accounts for 3-4% of singleton pregnancies at 37 weeks gestation. There are three types of breech presentation; frank breech (hips and legs are extended up towards the baby's head), complete breech (hips are extended, but legs are bent with feet towards the baby's buttocks) and footling breech (feet are presenting with baby's buttocks following behind.)

The Royal Hospital for Women (RHW) runs a dedicated Breech Clinic that provides information and counselling for woman and families, who's baby is in the breech presentation from 37 weeks. The Breech Clinic is accessible to all women with a breech, regardless of whether RHW is their chosen place of birth. Clinicians are recommended to refer women for a formal ultrasound scan if breech presentation is suggested at 36 weeks pregnant. This report should be available for review when the woman presents to the Breech Clinic. During the woman's breech clinic appointment, we will discuss the following:

- Ultrasound findings- type of breech presentation, the estimated fetal weight (EFW), amniotic fluid index (AFI) and placental location.
- External Cephalic Version (ECV)- recommended if no identified contraindications, increases low risk vaginal birth
- Options for mode of birth; vaginal breech birth or caesarean birth; inclusive of physiology, risks, statistics and safety parameters
- Resources for personal research- RHW factsheets (found on website), Breech without borders, Canadian health guidelines on vaginal breech birth and RCOG guidelines.

If you have any further questions or require assistance with referring a woman to the Breech Clinic, please call RHW outpatients on 93826100 or the CMC for Breech Clinic on 0407498197.