HOW TO REDUCE YOUR CHANCES OF HAVING A C-SECTION

DID YOU KNOW?

Did you know that hospitals do a lot more C-sections now than ever before? Let’s say you have a normal, healthy pregnancy.

At one hospital, your chances of having a C-section could be 2 in 10.

At another, 3 in 10.

And at another, it could be as high as 5 in 10.
Sometimes C-sections are needed. But some hospitals are quicker to perform a C-section than others, even when they could have been avoided.

This matters because if a woman has a C-section there are more chances for complications, like infections and heavy blood loss. And it’s a major surgery, so it takes longer for the mom to heal.

**WHY THE DIFFERENCE?**

Talk to your doctor, nurse, midwife, and family members. Let them know you only want a C-section if it’s **absolutely needed**. Then ask how you can work together to reduce your chances.

**IT’S YOUR BIRTH.**

**YOUR VOICE MATTERS.**

By taking steps early, you can make a difference for you and your baby. Educate yourself. And talk to your team today.

For more information, go to: [MyBirthMatters.org](https://www.MyBirthMatters.org)