

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**

WHY THE DIFFERENCE?

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.

IT'S YOUR BIRTH.

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.



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