

Understanding the benefits of vaginal delivery vs. a C-section

Having a baby vaginally typically is the best option for you and your baby. Sometimes, vaginal delivery isn't the best choice. Your healthcare provider will talk to you about how you want to deliver your baby.

Here is some information to keep in mind:

Full-term pregnancy

- A full-term pregnancy is a pregnancy that lasts between 39 weeks and 40 weeks
- Babies born full-term have the best chance of being healthy, compared with babies born earlier or later
- Babies are not fully developed until 39 weeks of pregnancy
 - Their brain, lungs, and liver are still developing

Benefits of a vaginal delivery

- Following a vaginal delivery mothers:
 - Are more alert and experience less pain and fatigue
 - Heal more quickly and spend fewer days in the hospital compared to mothers who have a C-section
 - Vaginal delivery avoids major abdominal surgery and all the potential risks associated with an operation



Babies born vaginally typically

- Are more alert show more interest in breastfeeding once delivered
- Experience less respiratory problems
- Have less chance of infection for mom and baby
- Receive an early dose of good bacteria to boost their immune systems and protect their intestinal tracts

Risks of delivery by C-section

- Abnormal placentation (previas and accretes)
- Bladder or bowel surgical injury
- Bowel obstruction
- Deep vein thrombosis (clot)
- Delayed or difficulty breastfeeding
- Increase pain and fatigue
- Longer hospital stay
- Slower return to normal activity
- Surgical adhesions
- Uterine rupture
- Wound infection

Ninety percent of women who have a C-section for the first time will have a repeat C-section with subsequent pregnancies

Common medical reasons that would be appropriate for a C-section can include:

1. Baby and/or mother is in distress or having complications from high blood pressure, heart problems, diabetes, HIV, herpes outbreak, or any other infection
2. Baby is too large for mother's pelvis
3. Abnormal position of baby in the uterus which would not allow babe comedown into the birth canal
4. Certain birth defects
5. Previous surgery of the uterus, including a previous C-section
6. Multiples (twins, triplets)
7. Problems with the placenta
8. Very long labor (over 20 hours with little dilation of the cervix)
9. Postdates (over 41 weeks)

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **877-856-5702 (TTY: 711)**. We are available Monday through Friday, from 7 a.m. to 8 p.m., Eastern time. We can help you at no cost to you. We can explain the document in English or in your preferred language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

Important

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If you need help filing a grievance, call **877-856-5702** or if you use a TTY, call **711**.
- You can also file a civil rights complaint with the:
 - **Ohio Department of Medicaid (ODM), Office of Civil Rights** by emailing ODM_EEO_EmployeeRelations@medicaid.ohio.gov, faxing **614-644-1434**, or mailing to P.O. Box 182709, Columbus, Ohio 43218-2709; or
 - **U.S. Department of Health and Human Services, Office for Civil Rights** electronically through their Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019, 800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **877-856-5702 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Humana Healthy Horizons in Ohio is a Medicaid Product of Humana Health Plan of Ohio, Inc.

Language assistance services, free of charge, are available to you.
877-856-5702 (TTY: 711)

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

नेपाली (Nepali): निःशुल्क भाषासम्बन्धी सहयोग सेवाहरू प्राप्त गर्नका लागि माथिको नम्बरमा फोन गर्नुहोस्।

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

Soomaali (Somali): Wac lambarka kore si aad u hesho adeegyada caawimaada luuqada oo bilaash ah.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

Kiswahili (Swahili): Piga simu kwa nambari iliyo hapo juu ili upate huduma za usaidizi wa lugha bila malipo.

Українська (Ukrainian): Зателефонуйте за вказаним вище номером для отримання безкоштовної мовної підтримки.

繁體中文 (Traditional Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

Ikinyarwanda (Kinyarwanda): Hamagara numero iri haruguru uhabwe serivisi z'ubufasha bw'ururimi ku buntu.

简体中文 (Simplified Chinese): 您可以拨打上面的电话号码以获得免费的语言协助服务。

دري (Dari): برای دریافت خدمات رایگان کمک زبانی با شماره بالا تماس بگیرید.

پشتو (Pashto): د وړيا ژبې ملاتړ ترلاسه کولو لپاره پورته شميرې ته زنگ ووهئ.

አማርኛ (Amharic): ነፃ የቋንቋ ድጋፍ አገልግሎቶችን ለማግኘት ከላይ ባለው ስልክ ቁጥር ይደውሉ።

ગુજરાતી (Gujarati): મફત ભાષા સહાય સેવાઓ મેળવવા માટે ઉપર આપેલા નંબર પર કોલ કરો.