

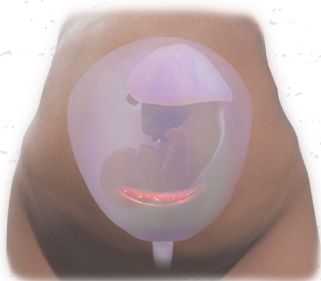


Kuuje Sappo de Neddo Foti Miijaade so ina yidi jibinnde e hoore mum caggal Tayugol Reedu

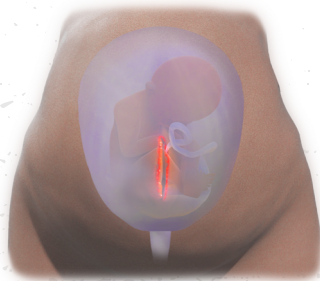
Jibineede e hoore mum caggal tayugol reedu (vaginal birth after cesarean, VBAC) ko jibineede bidɗo e baawde yumma caggal jibinannde saaliinde jibiniraama tayugol reedu. VBAC ina waawi wadeede ina jogii nafooje kadi e jibinannde hoore mum, ina hawtii e kadi e waktuuji burɗi yaawde e cellal nden hay huunde e cadeele e hulbere potɗe jibineede e tayugol banndu nduu.¹

So tawii ada yidi beydaa jibinnde sukaabe heewbe, nden ada yidi hebde jibinannde e hoore maa, ada jogii hakke yeewtaade VBAC e ñawndoowo (ñawndoowo rewbe walla walloobe dayngol). Jokku jannde ngam hebde godɗi miiɗooji ɗi pot-ɗaa jogaade e hakkille ngam subngol laabngol:

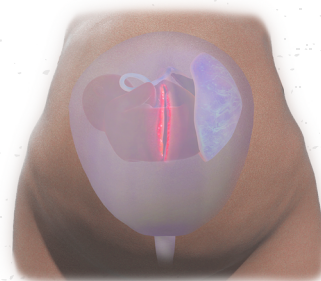
1. Hebu ciimtol jibinannde tayugol reedu maa gila ñawndirdu a jibinannool ngam ñawndoowo maa. Dum ina sifa laabi badaadi e ñaarol ngol mbaaw-ɗaa hebde. Resu natto gooto ngam hoore maa.
2. Kaandube burbe moyyude e VBAC ko yimbe jogiibe tayre reedu leslesre ko saaliinoo¹ (ñaarol gonngol gila tayre dartinaande e les reedu) nden woddindirde reedugol mabbe ko famɗi fof lebbi 18 haa duubi didi.²
3. Yimbe wonndube e ñaarol dariingol les (ñaare dow e les) ina mbaawi wonude haandube VBAC, kono baasal tayugol reedu (tayre e nder dimrugol waktu dayngol walla jibinannde) buri heewde e yimbe wonndube e ñaarol gonngol e ley reedu.²
4. VBACs ɗin **wasiyaaka** e yimbe wonndube e taygol dariingol les walla caka-cakaaje toownaade (ñaare e wakkere dow dimrugol), taye T, walla ñaare jokkaade.¹



Taygol feyyitiingol ley
(wasiyaama)



Taygol dariingol ley
(wasiyaama)



Taygol dow dimdugol
(Wasiyaaka)

5. Tabintin so tawii ñawndoowo ma jooni ina wallutu ma e hebude VBAC.
6. Yeewtu e balloowo ma jooni oo so tawii be ardoto jibinannde maa e hoore mabbe e so tawii ñawndoobe wodbe, be ngollodotoo e mabbe ina mballu ma hebude VBAC.
7. Tasku ngam jibinnde e nder ñawndordu gollooru walla e nokkuure nde goodanndu kabirde ngam wadde VBAC. Yamto-daa limngal VBAC e ngartam moyyudam e nafoore gollal to ñawndordu walla nokku ñawndiingu to kebataa ñawndiingu jooni e widto-daa dum e hoore maa to **profiles.health.ny.gov/opitaal/kelle/jibinannde**.
 - VBACs to galle walla to nokku jibinannde **wasiyaaka** e Dudal Jaabi Haadtirde Ameriknaabe To Banngge Jibinannde E Cellal Rewbe (American College of Obstetricians and Gynecologists); Kawtal Ameriknaabe To Banngge Infirmiyeebe-Walloobe Dimdugol (American College of Nurse-Midwives); Fedde Toppitiinde Cellal Rewbe, Jibinannde E Cellal Bikkoy (Association of Women's Health, Obstetric and Neonatal Nurses); Walla Kawtal Ñawndoobe Bikkoy to Amerik (American Academy of Pediatrics).³
8. Yamto-daa so tawii ñawndoobe to ñawndirdu walla nokku ñawndiingu ina mbeltii e yaawdinnde dimdugol maa so ina haani ngam wadannde ma VBAC ina jaaloo.
9. E nder yettugol kuule renndo e jabde humpito, anndu ko burndi sellude e burnde moyyude e maa e biidde maa. **Siftor:** Ko hakke maa waylude ñawndoowo walla ñawndordu kala nde ngid-daa.
10. Anndu ada waawi waylude miiijo maa, dabbitaaw jibinannde tayugol reedu e kala sahaa e nder reedugol maa walla e waktu jibinannde maa.



So tawii VBAC hollaama e buri moyyude e maa, jokku haaldude e ñawndoowo cellal rewbe walloobe jibinannde maa e waktu reedugol maa.

Ngam beydude humpitaade, yillu **ican-online.org/faqs-about-vbac/** walla ciko-daa fibnde QR.

1. Bataake Bayaanu Gollal ACOG Limngal 205: Jibineede e hoore mum caggal tayugol reedu. *Obstet Gynecol.* Colte 2019;133(2):e110-e127. doi:10.1097/AOG.0000000000003078

2. VBAC: anndu ko moyyi e ko boni. Mayo Clinic. Mbooy 14, 2025. Hebtinaama ñalnde 28 Ceedto 2025. <https://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/in-depth/vbac/art-20044869>

3. Miiijo Goomu ACOG Limngal. 697: Jibinannde Galle Peewniinde. *Obstet Gynecol.* Ceedto 2017;129:e117-e122. doi:10.1097/AOG.0000000000002024