

Breech Presentation in the Third Trimester

An information guide



Breech Presentation in the Third Trimester

What is Breech presentation and why does it happen?

Breech presentation means that the baby's bottom is down near the pregnant person's pelvis and its head is up, near the person's ribs. Babies are usually born headfirst and most of them are head-down by the time the due date is reached, but about 3 to 4% of babies remain in the Breech position.

There can be a number of reasons for this, such as the shape of the uterus or the pregnant person's pelvis, the position of the cord or placenta or the baby simply ran out of room to turn to a head-down position. Breech presentation is sometimes associated with congenital anomalies – most (but not all) of which are detected at the 20-week scan.

Types of Breech Presentation



Complete/Flexed Breech - The baby's knees are flexed and feet are positioned near the baby's bottom – feet can be slightly below the bottom but it is engaged in the pelvis.

Footling (rare) - One or both feet are below the baby's bottom which is not engaged in the pelvis.

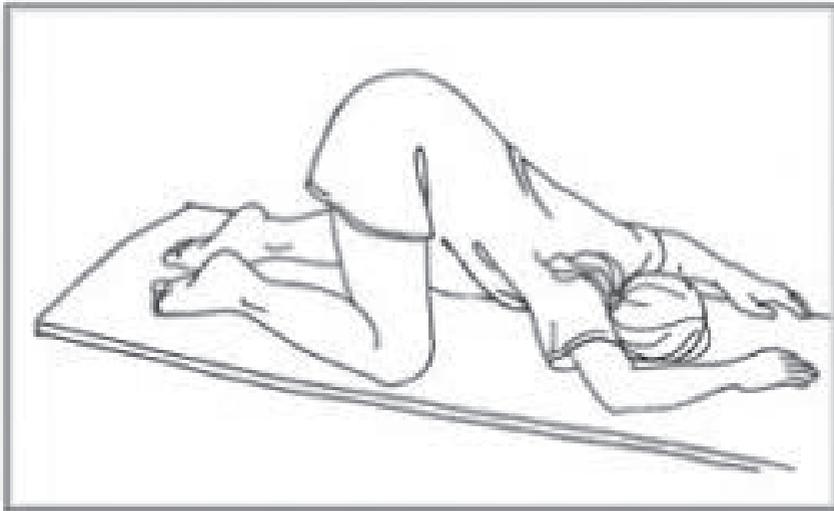
Extended/Frank Breech - The baby's knees are extended and feet are up by the head.

What can I do to encourage my baby to turn to head-down (cephalic) position?

There is evidence that **postural techniques**, (such as the knee-chest position - see below) as well as **moxibustion** (a Chinese herbal remedy) and **acupuncture** may help to turn a breech baby.

These alternative therapies are more successful if carried out before 36 weeks.

For postural techniques, see: <https://www.spinningbabies.com/pregnancy-birth/baby-position/breech/flip-a-breech/>



IMPORTANT: You should not do the knee-chest position (shown above) if you have high blood pressure or there are concerns about the placenta. Speak to a doctor first if there are any other concerns about you or your baby.

Any pregnant person booked at or cared for by Northern Care Alliance can self-refer to the Maternity Acupuncture Service.

The Midwife-acupuncturists can also provide moxa sticks for you to carry out moxibustion at home.

To self-refer to the Maternity Acupuncture Service:

Please make a contribution of £10 by card over the phone by contacting the cashier's office on:

0161 627 8320 (08:30 – 16:30) .

Then forward the e-receipt to:

pah-tr.oldhamacupuncture@pat.nhs.uk and tell us that you have a breech baby.

We will respond with your first of **two appointments**. The Acupuncture Clinic runs every Friday on The Birth Centre at The Royal Oldham Hospital.



What happens if my baby is still Breech at 36 weeks or beyond?

If your Midwife suspects your baby is in a Breech position after 36 weeks, providing you are not already intending to have a caesarean birth for another reason, a scan will be arranged to confirm which way your baby is facing.

If the scan confirms that your baby is Breech, you will remain in the Antenatal Clinic to have a consultation with a doctor about your birth options and to discuss an ECV (External Cephalic Version).



What is an 'ECV' and is it safe?

An External Cephalic Version – ECV is a procedure carried out usually at 36 or 37 weeks where a doctor or Midwife applies pressure on your abdomen to try to turn your baby round into a head-down position.

It is carried out on the labour ward as there is a small chance of requiring an urgent caesarean section immediately following the procedure.

Because of this, your baby's heartbeat will be monitored before and after the procedure by sensors placed on your abdomen, held with straps around your waist, called a 'CTG'.

You will be offered a drug to help your muscles relax also. Around 50% of Breech babies can be turned with an ECV.

For further information see:

<https://www.rcog.org.uk/en/patients/patient-leaflets/breech-baby-at-the-end-of-pregnancy/>

What if I don't want an ECV or my baby remains Breech?

You will have the option of either a Vaginal Breech Birth or a Caesarean Section - the benefits and risks of both will be discussed with you in detail.

Whatever option you choose, the most likely outcome is a healthy parent and baby.

The Breech Birth Service at The Royal Oldham Hospital.

At Oldham, all maternity staff have training in Breech Birth and we have a dedicated team of Clinicians who are skilled in supporting expectant parents who opt for Vaginal Breech Birth.

If you want to talk to one of the Clinicians in the Breech Team, please speak to your community Midwife or Antenatal clinic who will pass your contact details to them.

Where can I get further information?

Speak to your community Midwife if you have any questions about the information in this leaflet.

If you want to speak to other parents who have also had a Breech Baby, there is the Facebook group 'Breech Birth UK'.

There is also further information on the NHS website:

<https://www.nhs.uk/pregnancy/labour-and-birth/what-happens/if-your-baby-is-breech/>

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 www.facebook.com/NorthernCareAllianceNHSGroup

 www.linkedin.com/company/northern-care-alliance-nhs-group

 Northern Care Alliance NHS Group (NCA) @NCAlliance_NHS

Date of publication: August 2021

Date of review: August 2021

Date of next review: August 2023

Ref: PI(WC)1127

© The Northern Care Alliance NHS Group

www.pat.nhs.uk

www.northerncarealliance.nhs.uk

