

..... External Cephalic Version (ECV)

Your baby is in a breech or transverse position

A baby that is head down (also known as head first), is the most ideal position to give birth. However, that is not always the case. This is why your midwife or gynaecologist talked to you about an ECV (external cephalic version). The ECV is a safe and effective way to turn a baby and has a very low risk of complications. The ECV is done at Focus Verloskundig Centrum by a specialist. She will attempt to externally turn the baby from breech to a head down position.

The appointment takes approximately 30-45 minutes. The ECV preferably takes place between 36+0 and 37+0 weeks gestational age.

Before the ECV, the position of the baby is checked with an ultrasound. Before and after the ECV the specialist will listen to your baby's heartbeat. The chance of a successful ECV with a first child is about 30-40% and for a second or subsequent child 60-70%.



What if the ECV is not successful?


If the ECV at Focus Verloskundig Centrum is not successful, a second attempt can be made. This will be scheduled at the hospital, possibly with additional medication that ensures that the uterus will be more relaxed, which could make an ECV easier.

This medication may cause some side effects in you, which are usually short-lived and often disappear after a few hours. There are no side effects for the baby. If the second attempt is also unsuccessful, the gynaecologist will discuss with you whether you wish to deliver the baby in a breech position or through a caesarean section.

Making an appointment

The appointment for the ECV is scheduled by either you or your midwife by calling Focus Verloskundig Centrum at 030-8200986. Our assistant will schedule a growth ultrasound in the week prior to the ECV to assess the growth of the baby and the amount of amniotic fluid.

Do you have any questions about the ECV? You can contact your own midwife, she will assist you further to consider your options.

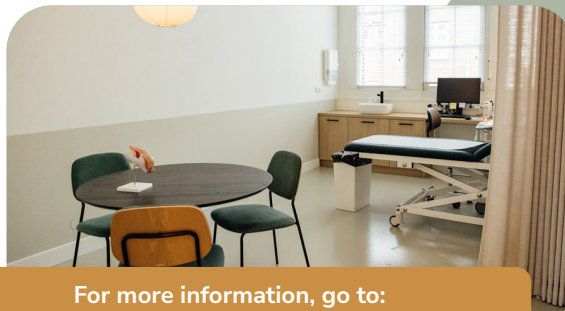
 Vleutenseweg 386
3532 HW Utrecht

 030 - 82 009 86

 info@focusverloskundigcentrum.nl

 www.focusverloskundigcentrum.nl

Photographer: Sprankelend fotografie



For more information, go to:
www.focusverloskundigcentrum.nl/en/version