

# Version method

## Turning your breech baby



Babies can have different positions while in their mother's womb (uterus). In the last weeks before birth, most babies start to move so their head is down in the pelvis. This is called cephalic (head) or vertex presentation. Sometimes babies don't move their head down. If a baby's bottom or feet are pointing downward, this is called breech presentation. Most breech babies are born by cesarean. If your baby is breech, you may be able to have a vaginal birth with a doctor skilled in vaginal breech births. Your doctor may also do an external cephalic version (Version). A Version helps your baby turn so the head is pointing downward.

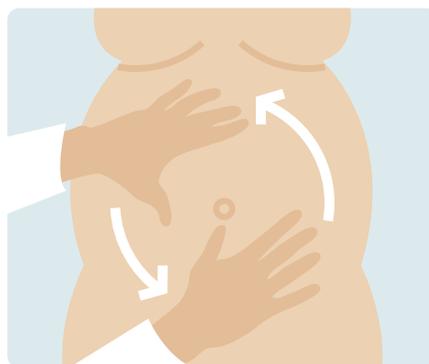
### Turning your breech baby: Version

Versions are done in the hospital when babies are between 37-39 weeks. If you choose to have a Version to turn your baby, here's what you can expect:

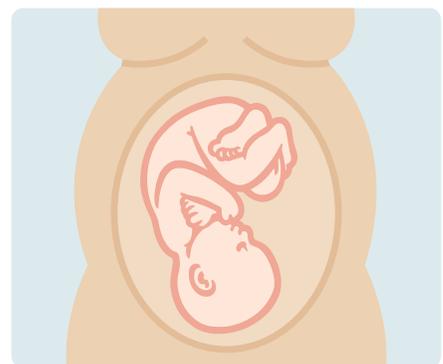
- You will have a small tube placed inside a vein in your arm (IV).
- An ultrasound machine will be used to help show the doctor the baby's position.
- You will be given medicine to help relax the muscles in your womb.
- Your baby's heart rate will be checked.
- Your doctor might do the Version with a nurse or another doctor.
- Your doctor will place their hands on the outside of your belly and help the baby roll so that the head is down in the pelvis (see pictures below).



1 Baby in breech position



2 The doctor gently turns the baby, feeling for head and feet



3 Baby now positioned for normal delivery

(continued)

## A Version is safe for you and your baby:

- More than half of babies turn head-down after a Version.
- A Version can help you avoid a C-section if your baby is breech.



## There are risks with a Version, although these risks are very rare:

- Some babies turn back to a breech position after a Version.
- Your water may break too soon.
- Changes in your baby's heart rate can lead to a C-section.

Most women with normal pregnancies can have a Version. But it may not be possible if you are in active labor, have vaginal bleeding or have a very low level of amniotic fluid. It may also not be possible if your doctor is worried about you or your baby's health. Please talk with your doctor to find out if a Version is right for you and your baby.

You also can visit this website to learn more:  
[acog.org/Patients/FAQs/If-Your-Baby-Is-Breech](https://acog.org/Patients/FAQs/If-Your-Baby-Is-Breech)