

Cesarean or Vaginal birth?

Caesarean section on maternal request is carried out when there are no maternal or fetal indications for it.

Fear about childbirth is real and probably enhanced by the media and also passed on through negative birth stories. Tokophobia is one of the main psychological causes described as an intense fear of childbirth. It affects between six to ten percent of women. Pregnant mothers who have had previous vaginal delivery may request caesarean section because of adverse experiences during labour known as secondary tokophobia.

As a pregnant mother you may need to understand the unpredictability of events surrounding labor, the lack of control and the need for a flexible birth plan. As a patient your doctor will need to explore the reasons for your request rather than counsel you about the risks of surgery.



Patients with tokophobia will need more regularly psychotherapy by trainer personnel as advised by the latest review of the Royal College of obstetricians and gynecologists.

Pregnant women who want more than one child should be aware of the benefits of vaginal delivery and the complications associated with repeated caesarean section. Obesity can increase the risk of instrumental vaginal delivery, emergency caesarean section and damage to the pelvic muscles.

Caesarean section can prevent urinary and anal incontinence and pelvic organ prolapse as well as extensive vaginal lacerations.

Finally one should never forget that C-section is the safest way of delivering the baby.

Doctors are also facing the ethical dilemma of the importance of individual rights of the patient and the rights of the society and the difficulties to balance the two when receiving such requests on a daily basis.