

## **EXTERNAL CEPHALIC VERSION**

External cephalic version (EVC) is a technique where the doctor will attempt to change the position of the baby, usually from a breech presentation (buttocks over the cervix) to a vertex position (head down). This is done in the hopes that a vaginal delivery can be done, rather than a cesarean section.

EVC is usually done in patients that have completed 36 weeks of their pregnancy and the baby is in a position other than head down (vertex). This is usually done on or near a labor and delivery unit where a cesarean delivery can take place immediately if needed.

Your doctor will make sure that the baby is doing well by placing the patient on the fetal heart rate monitor. Your doctor will also make sure that you are not contracting too much for this procedure.

You will lay flat and your doctor may give you medicine to relax your uterus. Your doctor will try to turn the baby by placing his or her hands on your abdomen and applying pressure.