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|  | Twist and Turn  The best way to turn a breeched baby... Acupuncture or External cephalic version?  by: Cassandra Davis |  |  |  |
|  | **Background information - page 4**  Breech Version (External Cephalic Version)  Breech version has been practiced since antiquity; it is the turning of the fetus artificially while it is inside the uterus. This is done by the doctor placing his/her hands on the abdominal wall and manually rotating the baby into a vertex presentation. This has traditionally been done between 30 and 40 weeks of pregnancy.  The success rate of performing a breech version is around 50%, and once the baby is converted to a vertex presentation, it normally remains that way through the rest of the pregnancy. This is truer the closer the baby is rotated to its due date, although the ability to convert the baby to vertex presentation becomes more difficult the closer a baby gets to its due date.  When the procedure is initiated, the patient is brought to the delivery room and monitored for approximately 20 to 30 minutes to confirm that the patient is not laboring, that there is a normally reactive heart rate, and that there is no abnormality with the heart rate. An abdominal exam and ultrasound are performed to confirm that the baby is breech. Once this is completed, an IV is begun and a medication (Ritodrine) is given intravenously to further quiet the uterus. This medication runs for approximately 30 minutes. Once these procedures have been completed, the version is begun. The version does not last longer than about 5 minutes. The obstetrician palpates both ends of the baby. He/she then attempts to rotate the head end of the baby toward the pelvis while pushing up the bottom and the feet. This part of the procedure is usually painful even when patients are given medication. Most often, the version is completed rapidly if it is to be successful. If it is unsuccessful after several tries, we will usually desist from the procedure; although it is felt that it can be continued for about 5 minutes. Once the version is completed, we then continue to monitor the baby for another 30 to 60 minutes. This again confirms that the fetus is doing well and that the patient can be safely sent home. | |  | |  |  | | --- | --- | |  | [Home](http://docs.google.com/truehome.htm) | |  | Abstract     [1](http://docs.google.com/abstract.htm) [2](http://docs.google.com/backgroundinfo2.htm) [3](http://docs.google.com/BGI3.htm) 4 | |  | [Prediction](http://docs.google.com/Prediction.htm) | |  | [Procedure](http://docs.google.com/procedure.htm) | |  | [Data](http://docs.google.com/data.htm) | |  | [Conclusion](http://docs.google.com/conclusion.htm) | |  | [Works Sited](http://docs.google.com/workscited.htm) | |