Planned caesarean section for twin pregnancies

There is a higher risk of maternal complications in women who have planned a caesarean section than in those who choose a vaginal birth. Some of these problems may be avoided if a woman has a planned caesarean section, whereas, complications from a vaginal birth may occur in the long term and future pregnancies.

This page will briefly outline whether planned caesarean or vaginal birth is better for infection, birth defects, and other complications.

The world is full of women who are pregnant with twins and, in the end, the best choice will be the one that is right for you. The numbers are shown in this visual summary.

What evidence did we find?
We found 2 studies (randomized trials) involving 2661 women with a twin pregnancy. They compared planned vaginal delivery with planned caesarean section.

What's best for babies?
We wanted to know if planned caesarean section made a difference to the number of baby twins who had health problems or who died. We compared planned vaginal delivery with planned caesarean section.

There was no clear evidence that planned caesarean section was a vaginal birth mode that differ in terms of health problems, or were breastfed.

The studies did not look at long-term outcomes, such as disability in childhood.

What's best for moms?
We already know that a caesarean section increases the chance of blood clots and infection in the mother.

We wanted to find out if having a planned caesarean section would make a difference to the number of women who had serious health problems or died.

We didn't always have the birth that was planned.

What is the evidence?
There were two studies, with lots of women and different countries involved. The results on long-term outcomes are not available yet.

We can be moderately certain about the results, but we are not sure enough to be fully confident.

The quality of the evidence is very high. It has information about the health problems in twins and babies and their mothers and breastfeeding.

Planned caesarean section for women with a twin pregnancy (review)

Full review: http://www.cochrane.org

What is a planned caesarean section? (Coghlan 2000)

What is a planned vaginal birth? (Coghlan 2000)

What is a planned caesarean section? (Coghlan 2000)

What is a planned vaginal birth? (Coghlan 2000)

About 2 out of 100 babies in each group had serious health problems or died.

There was no clear evidence that planned caesarean section was a vaginal birth mode that differ in terms of health problems, or were breastfed.

The studies did not look at long-term outcomes, such as disability in childhood.

Planed caesarean section vs planned vaginal birth

Women who had a caesarean section were more likely to have a vaginal birth than those who had a planned vaginal birth.

91 women out of 100 had a caesarean section
43 women out of 100 had an emergency caesarean section for at least one twin.

There was no clear evidence that planned caesarean section was a vaginal birth mode that differ in terms of health problems, or were breastfed.

There is not enough evidence to support a planned caesarean section for women giving birth to twins. Women should be informed of the issues and options for planned caesarean section of this birth and future pregnancies.

We need to find out if the type of birth of the first twin was related to the health of those children when they are older.