

External Version

Version is a method used to turn your baby from a breech (head up) position to a vertex (head down) position. The vertex position is the easiest way for the baby to move down the birth canal. A version is done close to your delivery due date. It takes about 5 minutes, but the total time in the hospital is about 3 hours.

This booklet helps to prepare you for your version. It will answer many of your questions. For other concerns, talk with your doctor or call the Labor and delivery Unit at (312) 926-7600.

*Version
is done in
the Labor
and
Delivery
Unit.*

Before Your Version

About a week before your version, please pre-register by calling our Admitting Department at (312) 926-7581. You may also register online at www.nmh.org/maternity. Be sure to have your medical insurance information.

The day before your version, a staff member from the Labor and Delivery unit will call to confirm your arrival time and answer any questions.

Do not eat or drink anything for six hours before your version. For example, if your version is at 3 p.m. you may have a light breakfast before 9 a.m. Then do not eat or drink after that time. As instructed by your doctor, you may take any needed medicines with sips of water, just enough to swallow the pills.

Make-up, nail polish, hairpins, false eyelashes, contact lenses, hearing aids, dentures, hairpieces and jewelry cannot be worn during the version. Your family may keep your jewelry and wallet or purse. Other valuables should be left at home. Please bring your insurance card with you.

Parking

Labor and Delivery is located on the 5th floor of Prentice Women's Hospital, 333 East Superior Street. Valet parking is offered at Prentice. You will receive a ticket when you arrive. The ticket can be taken to the Prentice Women's Hospital cashier to be validated at any time. Discount parking is located at the Superior, Huron, and St. Clair Street garage. Stop at the Information Desk on the first floor of Prentice for parking vouchers.

Hospital Arrival

Come to the fifth floor of Prentice Women's Hospital. A secretary greets you and asks you a few basic questions. A nurse will escort you to your room. After changing into a hospital gown, you are asked to give a urine sample. Using ultrasound, the doctor checks the position of your baby. If the baby is still breech, an IV (into the vein) line is placed in your arm or hand.

Your blood pressure and pulse are checked and your nurse reviews your health history. A fetal monitor is used for 20-30 minutes to check the baby's heart rate.

An anesthesiologist, a specially trained doctor, visits you to review your medical history, discuss the type of anesthetic to be used and answer any questions you have. (Anesthetic agents are used to ease any pain or discomfort.) Your doctor or the resident explains version and answers any questions. You are asked to sign consent forms for both anesthesia and the external version.

Just before the version, glasses, jewelry, contact lenses, hearing aids, dentures and hairpieces are removed. Visitors are directed to the waiting area. Your partner may stay with you during the procedure.

Visitors

The family waiting is on the fourth floor, room 475. The phone number for the waiting room is (312) 926-3456. Your visitors (except for your partner) are asked to wait here during your version.

During Your Version

Medicine may be given to keep the uterus from contracting. It acts to relax the uterus. Once the anesthesia is in effect, the version begins. Your doctor, with the help of another doctor, pushes on your abdomen, over the uterus and the baby, to try to get the baby to turn. During the version, your blood pressure and heart rate are checked. Ultrasound is used to monitor the baby. The version lasts 1 to 5 minutes. Your doctor tells you if the baby has changed positions.

After Your Version

The fetal monitor remains in place for up to 2 hours to check the baby's heart rate and the activity of your uterus. Once you are ready to go home, the IV and the fetal monitor are removed. The nurse reviews your discharge guidelines. You must have a responsible adult drive you home.

At Home

The medicine given may affect your judgment and reflexes. You may feel groggy. Do not drive or operate machinery until the next day.

Unless you are otherwise instructed, you may resume your diet, routine medicine and normal activities. It is helpful to drink extra fluid, about 10-12 glasses per day. Be sure to follow-up with your scheduled doctor or midwife appointment

When to Call the Doctor

Contact your doctor or midwife right away if you note any of the following.

- Regular contractions 5 (or less) minutes apart
- Vaginal bleeding
- Your baby is less active than normal

*Developed by:
Labor and Delivery Unit
Nursing*