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**My hospital is currently not allowing VBAC and forcing me to have a cesarean; what are my options?**

1. [Contact ICAN](#) with the name and city/state of the denying hospital, along with the name and contact information of the Nurse-Manager of Labor & Delivery/Birthing unit that is forcing you to have surgery against your will.
2. You may choose to present a signed [VBAC Consent form](#) as proof of your understanding of the benefits and risks involved in childbirth.
3. According to the [U.S. Patient's Bill of Rights](#), you have the right to refuse recommended treatment, including a cesarean section. The Bill also states, "In case of such refusal, The patient is entitled to other appropriate care." In this case, a VBAC.
4. State you require more time to consider your decision. Ask to postpone the surgery until you have been given adequate time to research your decision thoroughly.
5. When labor begins spontaneously, some mothers feel more comfortable laboring in the comfort of their own homes for as long as possible. It may be possible to find a doula or monitrice for labor support.
6. It is never too late to change caregivers or birth location. Begin seeking another caregiver or birth location immediately. Even a physician's slightest counter to VBAC may ultimately become a forced cesarean.
7. Write a letter to your local television station and/or the editor of your local newspaper, telling them you are being forced to have a cesarean against your will.
8. Contact the American College of Obstetricians & Gynecologists and ask them to reconsider their restrictive VBAC guidelines. Express how denial of care has affected you. Direct your correspondence to:

American College of Obstetricians &  
Gynecologists (ACOG)  
Committee for Practice Bulletins  
c/o Nancy O'Reilly  
409 12th Street Southwest  
PO Box 96920  
Washington, D.C. 20090-6920  
(202)638-5577  
(202)484-5107 (fax)

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