

C-SECTION: Natural birth is possible after surgery

By Ruth Nanfuka

During the first pregnancy Winnie Kisakyi, a mother of a three and a resident of Kanyanya, a Kampala suburb. She attended antenatal sessions without fail. She also followed the doctor's advice on how to feed.

The tests showed that Kisakyi was in condition to push her baby when the time comes.

However, towards labour, it was discovered that the baby was bigger than what her pelvis could handle.

The doctor told her she could only deliver by caesarean section, in order not to damage her pelvis. The baby weighed 4.5kg at birth. However, Kisakyi says she felt disappointed with her failure to have a normal delivery.

Two years later, for her second pregnancy, Kisakyi had a normal delivery, after the doctor had discussed two possibilities and she chose to try pushing which tremendously worked.

Kisakyi says she started going for antenatal visits early, partly to check her scar to ensure that it had healed properly because the doctor had told her to take at least three years before getting pregnant again.

Normal delivery after c-section

Dr Robert Busigye, a gynaecologist at Mulago Hospital, says it is possible for a woman to deliver naturally after a caesarean birth.

According to Dr Charles Kiggundu, an obstetrician and gynaecologist at Mulago Hospital, considering the causes of the previous C-section determines whether a woman is capable of giving birth naturally or not.

Giving birth naturally after a caesarean is only done when a woman has undergone surgery once.

The possibility of a woman giving birth normally after a caesarean is determined by the gynaecologist, after assessing the period interval of the previous pregnancy and the current one, as well as the reason for the previous surgery.

There are recurring or permanent factors that necessitate that one gives birth by C-section and there are those that are non-recurring.

Kiggundu says the recurring factors cannot be controlled and, hence, such a mother can only have her children by C-section.

"A mother attempting to have a natural birth after undergoing a caesarean section should do so under emergency obstetric care facilities and under the careful watch of experts so that in case of anything, such as need for blood transfusion and any intensive care, there is no delay as it is availed instantly," he advises.

Kiggundu says if the reason

narrow pelvic bones, there is no way of enlarging them, so a surgery is recommended.

According to Kiggundu, among the 7,682 caesarean cases last year, 2016, 1,276 were due to narrow pelvis which is known as obstructed labour.

Obstructed labour is a situation where the uterus contracts normally, but the pelvis does not open up for the baby to come out.

Fibroids

A uterus that once had fibroids cannot risk pushing a baby in time of delivery. Kiggundu says fibroids weaken the walls of the uterus. So, if you force to push the baby, the uterus could rupture.

"In case ectopic pregnancy occurred in the past; this will be a permanent reason for a caesarean every time the woman is to give birth. Ectopic pregnancy is where the foetus develops in the fallopian tubes.

"The fallopian tube is cut at that particular point to remove the ectopic-foetus and then joined back together. That weakens the muscles of the uterus, hence exerting pressure on them should be avoided," explains Kiggundu.

However, in cases where circumstantial reasons

occurred in the first pregnancy, there can be a chance that the next time a normal delivery can be obtained.

"Worry positioning of the baby can happen in first pregnancy and you are called for a surgery, but it is most likely not to happen again in the next pregnancy," says Kiggundu.

That is when the baby is lying in breech inside the mother's uterus due to over turning and at the time of birth, they are not facing backward or forward with head first.

Worry positioning goes as far as breech delivery. Breech delivery is where the baby comes with legs first.

In this critical moment, the woman's pelvis may not be large enough to deliver the baby's head and, as a result, the baby can get stuck in the birth canal, causing death or injury, explains Kiggundu.

He adds that the umbilical cord, too may be damaged or blocked hence reducing oxygen supply to the baby.

To avoid complications, C-section is advised in case of breech presentation of the baby.

Kiggundu says if the breech is detected early a C-section is advised, but when it is late to divert into a surgery,

the mother is left to push with close supervision of the doctors.

There is a condition called cord prolapse, which is when the cord comes out first. When a cord prolapse occurs, the baby's heart rate reduces.

He says the reduction in the heart rate leads to changes in the baby's blood pressure and lack of oxygen. And the lack of oxygen leads to its low supply to the baby's brain hence damaging it.

A surgery can be called for, if there is a cord around the baby's neck. Kiggundu explains the baby may not be able to handle the contractions, which can reduce the supply of oxygen to the baby.

Caution for C-section mothers

According to Dr Kiggundu, conceiving shortly (for example within a year) can be dangerous. It can lead to rupture of the uterus and excess bleeding, which could lead to death. Kiggundu advises that the minimum time interval should be about 33 months after the surgery to allow proper healing.

Kiggundu encourages mothers who have had a caesarean birth to have good nutrition and take their medication as prescribed by the doctor. This is intended to help the scars heal quickly. In your diet include cereals, legumes, animal protein, and bird's proteins because the body needs them to help in the regulating body tissues. The body also requires energy-giving foods such as maize and its products, tubers, cassava, potatoes and bananas. However, Kiggundu advises for taking the food in moderation as excess can be stored into fats which can result into other complications, such as hypertension. There is need for vitamins and minerals; you can get them in leafy foods, which are mainly known as greens. Excessive cooking destroys the nutrients so the only way is to steam them before eating. Kiggundu says it is important for you to see a physiotherapist for proper direction on exercises.

Christine Byaruhanga, a physiotherapist in Kampala, says there are a number of exercises one can do after a caesarean, though the first six months are for healing.

■ **Belly breathing.** This is done when lying down on a comfortable surface. You take deep hold it three seconds and then exhale through the mouth, while holding your belly continuous for 10 times, three times a day.

■ **After the caesarean pain has subsided, do the leg sliding exercise.** Lie down on your back and bend your knees, with your feet flat on the floor. Wear socks and start sliding the feet while inhaling and exhaling to contract the belly muscles.



A mother attempting natural birth after a C-section has to do so under emergency obstetric care



ONE-STOP-SHOP FOR QUALITY BUILDING MATERIALS

- Sanitary ware
- Concrete Blocks & Pavers
- Taps & Accessories
- Concrete Culverts & Kerbstones
- Floor & Wall tiles
- Cement
- Plumbing Materials
- Premix Plaster
- Complete Roofing
- Water Proofing chemicals
- Steel Trusses, Roof Tiles
- Agriculture & Landscape Irrigation systems
- Guttering systems

Visit our showroom today at:



Builder's YARD
BUILDING MATERIALS YOU CAN TRUST

Plot M417, Kinawataka Link Nakawa Industrial Area - Kampala
P.O. Box 20166, Kampala, Tel: 0200 999 888 / 777
Email: sales@buildersyard.co.ug **HOTLINE: 0752 914 029**

www.buildersyard.co.ug



MAKERERE INSTITUTE FOR SOCIAL DEVELOPMENT

P.O. Box 16074 Tel: 0414-542341/541115, 0776-542341, 0754-541115 Kampala - UGANDA
E-mail: misd14@yahoo.com / misdstaff2000@gmail.com Website: www.misd.ac.ug
Located: 807 Sir Apollo Kagawa road, after Oilcom petrol station

Email: misd14@yahoo.com / misdstaff2000@gmail.com

2017/18 STUDY PROGRAMS

Makerere Institute for Social Development (MISD) announces registration for all those who finished O' and A' levels to come study 1 year certificate or 2 year diploma program in any of the following:

1. Business Administration
2. Journalism
3. Accounting & Finance
4. Social Work & Social Administration
5. Public Administration
6. Information Technology
7. Oil and Gas Management
8. Procurement & Supplies Management
9. Project Planning & Management
10. Human Resource Management
11. Counselling
12. Secretarial Studies

Choose to study in: Morning, Afternoon, Evening, or Saturday.
Scholarships available in the above programs.

MISD is located on 807 Sir Apollo Kagawa road, after Oilcom petrol station

Call: 0754 541115 0776542341

Come now with Shs. 20,000/- Registration is in progress.