

The requested information is detailed in the following guideline, specifically section 3.2.3

[Caesarean Birth Guideline \(microguide.global\)](#)

### **3.2.3 Women requesting caesarean birth for no medical indication**

Women requesting a caesarean birth with no medical indication should be referred to a Consultant Obstetrician (KEB APH) as early as possible in their pregnancy, to be seen at around 20 weeks gestation. They should also be referred to the Positive Birth Service and follow the SFT "requesting off guideline birthplan pathway."

If a woman requests a caesarean birth because she has tokophobia or other severe anxiety about childbirth she should see a healthcare professional with expertise in providing perinatal mental health support to help with her anxiety. In SFT this is initially the Positive Birth Midwife and the ANC consultant, but consideration can be given to referral to Clinical Psychology.

If a vaginal birth is still not an acceptable option after discussion of the benefits and risks and offer of support including special birth planning and support, offer a planned caesarean birth for women requesting a caesarean birth.

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