

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]
[Healthcare Provider's Name]
[Provider's Practice Name]
[Practice Address]
[City, State, Zip Code]

Dear [Healthcare Provider's Name],

I hope this message finds you well. I am writing to discuss my preferences regarding my upcoming delivery and to explore the possibility of a Vaginal Birth After Cesarean (VBAC).

As you know, I have previously delivered via cesarean section on [date of previous cesarean], and I am interested in pursuing a VBAC for my current pregnancy. I believe that a VBAC aligns with my personal birth plan and goals for this delivery.

I would appreciate the opportunity to discuss the benefits and risks associated with VBAC, as well as any specific criteria I need to meet to qualify for this option. I am eager to hear your professional opinion and guidance on this matter.

Thank you for considering my request, and I look forward to our upcoming appointment where we can further discuss this.

Sincerely,
[Your Name]