

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]  
[Recipient's Name]  
[Recipient's Title/Position]  
[Hospital/Practice Name]  
[Address]  
[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to formally request consideration for a Vaginal Birth After Cesarean (VBAC) for my upcoming delivery.

As you are aware, my previous delivery involved a cesarean section on [Date of Previous Delivery] due to [reason for cesarean, e.g., fetal distress, failure to progress, etc.]. Since then, I have undertaken [mention any relevant discussions or education about VBAC, any changes in health, or any plans to prepare for a VBAC].

I understand that VBAC can carry certain risks; however, I believe that with careful monitoring and your expertise, I can safely attempt a vaginal delivery. My current pregnancy has been [describe the health of the pregnancy, any relevant medical history, symptoms, etc.].

I kindly request a meeting to discuss the possibility of a VBAC, potential risks, benefits, and the protocol your practice uses for VBAC candidates. I am committed to achieving a safe delivery and am open to any recommendations or guidelines you may have to support this decision. Thank you for your time and consideration. I look forward to discussing this matter with you soon.

Sincerely,

[Your Signature (if sending a hard copy)]

[Your Printed Name]