

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

Dear [Doctor's Name],

I hope this message finds you well. I am writing to discuss my desire for a vaginal birth after cesarean (VBAC) for my upcoming delivery. After careful consideration and research, I firmly believe that a VBAC is a safe and viable option for me, and I would like to advocate for this path with your support.

In light of my previous cesarean experience with [briefly describe your previous birth, any complications, etc.], I understand the risks and benefits involved in a VBAC. I am committed to approaching this process with caution and am prepared to engage in all necessary preparations and monitoring to ensure a safe delivery.

Research supports that VBAC can be a safe alternative for many women, particularly in the absence of any contraindications. I am confident that with proper medical guidance, my chances for a successful VBAC are promising. Additionally, I believe that achieving a VBAC aligns with my personal birth plan and the outcomes I hope for in this delivery.

I would greatly appreciate the opportunity to discuss this further during our next appointment. I am eager to hear your thoughts and any relevant experiences you may have had with VBAC. Thank you for considering my request, and I look forward to working together for the best outcome for both myself and my baby.

Sincerely,
[Your Name]