

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

Dear [Doctor's Name],

Subject: VBAC Request

I hope this letter finds you well. I am writing to formally request a vaginal birth after cesarean (VBAC) for my upcoming delivery, which is currently scheduled for [due date].

As you are aware, my previous delivery was a [reason for cesarean, e.g., "elective cesarean due to breech position"], and I have reflected deeply on my birth experience. I believe that pursuing a VBAC aligns with my personal birth preferences and desires for this pregnancy.

I have carefully considered the associated risks and benefits of a VBAC and have researched the supportive environment needed for a successful outcome. I am committed to following any recommended guidelines and protocols to enhance safety for both my baby and myself.

Please let me know what steps I need to take to move forward with this request. I would appreciate the opportunity to discuss my VBAC plan further during our next appointment.

Thank you for your attention to this matter and for your continued support throughout my pregnancy.

Warmest regards,

[Your Name]

[Your Signature (if sending a hard copy)]