

# Your baby in the breech Position:

## The Breech clinic

Wexham Park  
Hospital



Information for patients,  
relatives and carers

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## Introduction

For more information about babies in the **breech position** (bottom or feet first), please visit:

<https://www.rcog.org.uk/for-the-public/browse-all-patient-information-leaflets/breech-baby-at-the-end-of-pregnancy-patient-information-leaflet/>

## The Breech Clinic

If your baby is thought to be or confirmed breech, you may be referred to the **Breech Clinic**.

An appointment will appear in your maternity app.

### When you arrive:

→ Go to the **reception desk** in the **Antenatal Clinic**.

## What happens at the Breech Clinic?

We will do an **ultrasound scan** to check your baby's position.

- **If your baby is head down** – no action is needed.
- **If your baby is breech** – we will talk to you about your choices:

✓ **Moxibustion** (a gentle treatment you can try at home)

✓ **External Cephalic Version (ECV)** – a trained doctor or midwife tries to turn your baby

✓ **Vaginal breech birth**

✓ **Caesarean birth**

## What Happens at Different Weeks?

### Around 34 weeks

We will see if **moxibustion** is suitable and talk to you about it.

### At 36 weeks or later

We will scan again and discuss **ECV**.

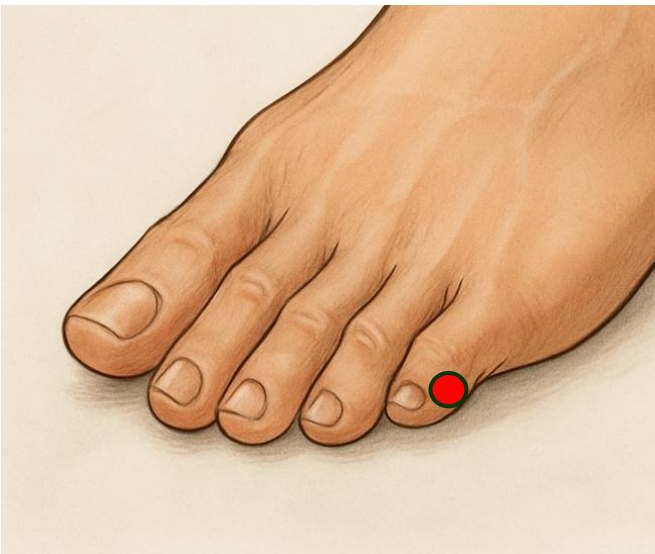
## What is Moxibustion?

Moxibustion is a safe treatment using a stick made of dried herbs.

- The stick is lit and held **close to your little toe** (near a point called **Bladder 67**).
- This may help your baby move and turn head down.
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## Where is the Bladder 67 point?





It is on the **outside tip of your little toe**.



## How to Do Moxibustion at Home

1. **Sit comfortably** with your feet raised.
2. **Light the moxa stick.**
3. **Hold the stick close to your little toe** (but don't touch the skin).  
→ Do this for **2 minutes** on each foot.
4. **Put out the stick in water** (never leave it burning).
5. **Sit and drink water** to relax afterwards.

### Important Safety Advice

-  **Stop** if you feel unwell, have a fever, infection, bleeding or high blood pressure. Contact the MAMA's line on: 0300 013 2004  
  
If you are unsure of the signs of infection, discuss with your midwife or GP.
-  Do **not use moxibustion** if you are concerned about your baby's movements or have any pain in your tummy. Contact the MAMA's line on: 0300 013 2004
-  Do **not use moxibustion** if your midwife or doctor advises against it.
-  Moxibustion is done **at home only** – not in hospital.

### Further information:

[What happens if your baby is breech? - NHS](#) Offers an overview of breech, turning techniques, and birth options.




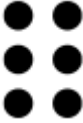
this review evaluates the effectiveness and safety of moxibustion in turning breech babies: [Cephalic version by moxibustion for breech presentation - Coyle, ME - 2012 | Cochrane Library](#)

[Overview](#) | [Caesarean birth](#) | [Guidance](#) | [NICE](#) Provides information on caesarean births.

## Contact details

To discuss your appointment for the breech clinic, please contact your community midwife or call 03006159196.

For a translation of this leaflet or to access this information in another format including:

|                |   |   |   |   |
|----------------|---|---|---|---|
| Large<br>print |  |  |  |  |
|                | Easy read   | Translated  | Audio   | Braille   |

Please contact the Patient Advice and Liaison Service (PALS) on:

**Frimley Park Hospital**

**Telephone:** 0300 613 6530

**Email:** [fhft.palsfrimleypark@nhs.net](mailto:fhft.palsfrimleypark@nhs.net)

**Wexham Park and Heatherwood Hospitals**

**Telephone:** 0300 615 3365

**Email:** [fhft.palswexhampark@nhs.net](mailto:fhft.palswexhampark@nhs.net)

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|--|--|--|
| <b>Frimley Park Hospital</b><br>Portsmouth Road<br>Frimley<br>Surrey<br>GU16 7UJ | <b>Heatherwood Hospital</b><br>Brook Avenue<br>Ascot<br>Berkshire<br>SL5 7GB | <b>Wexham Park Hospital</b><br>Wexham Street<br>Slough<br>Berkshire<br>SL2 4HL |
| <b>Switchboard:</b> 0300 614 5000  |  | <b>Website:</b> <a href="http://www.fhft.nhs.uk">www.fhft.nhs.uk</a>           |

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| <b>Title of leaflet</b> | Your baby in the breech position: The breech clinic. |                    |              |
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| <b>Ref no.</b>          | XXX  |                    |              |
| <b>Issue date</b>       | Oct 2025   | <b>Review date</b> | October 2028 |

**Legal notice**

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.