

# The advantageous management for prevention of preterm labour

40. Preterm Labour

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## **Objective**

According to different authors, the incidence of preterm birth in the world is 5.12%. In Ukraine - 10.3%. Preterm delivery contributes to about half of the overall perinatal mortality. The cervical incompetency (CI) is one of the most important risk factor for preterm birth, has emerged as one of the strongest predictors of preterm birth in asymptomatic women. To evaluate the efficacy of cervical pessary (CP) placement in preventing preterm birth in asymptomatic women with a singleton pregnancy.

## **Study design**

In order to prevent preterm births, 248 pregnant women with CI (anamnestic and sonographic data) with singleton pregnancy in 14-20 gestational weeks were carried out the installation of a CP. As clinical outcomes we assessed amount of PB, perinatal losses, cases of intrauterine infection, corticosteroid treatment for fetal maturation, and admission to neonatal intensive care unit.

## **Results**

Our investigation was delineated the clinical effectiveness of CPs in reducing the incidence of late miscarriages, premature birth (1.2%) and premature rupture of membranes (8.1%). According to the results of our research, stabilization of the cervix was achieved in 192 women (77.4%), cervix elongation in 53 (21.8%), angle of slope of the cervix became lower then 90° in 227 pregnant women (91.5%), diameter of internal os became less then 6mm in 216 women (87.1%). There were also a decrease in the frequency of admissions for tocolytics treatment (12,5%) and corticosteroid treatment (10,5%). At the same time there were no amounts of intrauterine infection cases. Among minor side effects in 66.9% of pregnant women, there were increases in non-microbial vaginal discharge, which did not bring significant discomfort to women and did not require removal of the CPs.

## **Conclusions**

Use of the cervical pessary had the positive effects in preventing preterm birth in asymptomatic singleton pregnancy women diagnosed with cervical incompetency.