INDUCTION INDICATION: POSTDATES

LEVEL OF EVIDENCE

Recommendations for labour induction: 1-A
Recommendations for priority: 1-B

DEFINITION

Post-term is defined as a gestation greater than, or equal to, 42+0 completed weeks of gestation. It occurs in approximately 6% births. Postdates is defined by gestational age greater than 40+0 weeks gestation according to dating by the earliest ultrasound (on or after 7+0 weeks) or if the pregnancy is a result of timed ovulation induction (ART) then gestational age and Estimated Date of Delivery (EDD) should be based on that information. Postdates assessment for fetal well being begins at 41+0 weeks and is comprised of amniotic fluid assessment and Non-Stress Testing (NST).

OUTCOMES

Several trials have examined the policy of induction at 41 or more weeks of gestation in an attempt to avert adverse outcomes associated with postdates and post-term pregnancy. Induction of labour is associated with a decrease in perinatal death, a reduced risk of of neonatal morbidity from meconium aspiration syndrome, and a reduction in macrosomia. There were no differences in the risk of caesarean section, assisted vaginal birth, or Apgar scores < 7 at 5 minutes.

RECOMMENDATIONS

Labour induction is recommended in the postdates population. At BC Women's Hospital this has been chosen to be ≥ 41+3 weeks gestational age. Induction should be considered as a priority 3 (< 72 hours).

SUPPORTING DOCUMENTATION REQUIRED

- Prenatal sheets
- Dating ultrasound (or information from fertility centre in the setting of IVF)

REFERENCES


