

PRE-TERM DELIVERY SCREENING

PATIENT INFORMATION

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What is Pre-term Delivery?

Pre-term delivery is the delivery before 37 completed weeks of pregnancy. Delivery before 34 completed weeks is called Severe Pre-term Delivery.

What does that mean to my baby?

Babies born more than a month pre-term carry increased risk of the following problems:

- Breathing difficulty due to lung immaturity;
- Poor temperature control;
- Increased risk of infection;
- May need to go to the Neonatal Intensive Care Unit (NICU);
- Neurological handicap in some cases;
- The earlier these babies are born the more severe these complications are.

Can this happen to me?

A pre-term delivery can happen to any woman. It can even happen to perfectly healthy pregnant woman. However, if you have one of the following risk factors, then the risk of pre-term delivery is increased.

- Pre-term labour during this pregnancy;
- Pre-term labour or pre-term birth in a previous pregnancy;
- Twin, triplet pregnancy;
- History of one or more second-trimester induced abortions (the planned ending of a pregnancy);
- You have an abnormal cervix or uterus (due to surgery, for example);
- You have had abdominal surgery during this pregnancy;
- If you suffer from a serious infection while pregnant;



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- Bleeding during second or third trimester of your pregnancy;
- You are underweight or you weigh less than 100 pounds;
- You have had little or no prenatal care;
- Vaginal infections like bacterial vaginosis.

What can I do to prevent pre-term delivery?

Proper antenatal checkups, healthy diet can prevent the pre-term delivery. Transvaginal ultrasound for cervical length can help us to screen out. We offer this service at 28 weeks for those who have risk factors.

- In those pregnant women with previous history of miscarriage or delivery before 34 weeks, this ultrasound is performed from 12 weeks onwards, at four weekly intervals.

How can I have this ultrasound?

- The ultrasound is booked after you have seen one of the consultants at Consulting Clinic # 4, and expressed your desire to have this scan;
- After counseling, you will be given the date and time for the ultrasound. These scans are performed in the Department of Obstetrics and Gynaecology;
- A full bladder is not required.

What can I expect?

- Once you report to the department and get registered, you will be taken to the scan room;
- The ultrasound procedure is explained to you and you will be asked to sign a consent form;
- The ultrasound is performed by transvaginal route.

Is the procedure risky?

Apart from mild discomfort to you, this ultrasound does not harm the baby.

When will I find out the result?

In most cases, the result will be communicated to you on the same day or the following day.

For further information, please contact:
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