PATIENT INFORMATION SHEET

Understanding Perineal Measurement During Labour

Research study at Hospital Tuanku Ja'afar, Seremban, Malaysia

You are being invited to take part in a research study. Please read this information carefully. You can ask the research team any questions before deciding whether to participate. Taking part is completely voluntary.

1. What is this study about?

The study is looking at whether the **length of the perineal body** is associated with the extent of perineal injury among women who have a vaginal delivery.

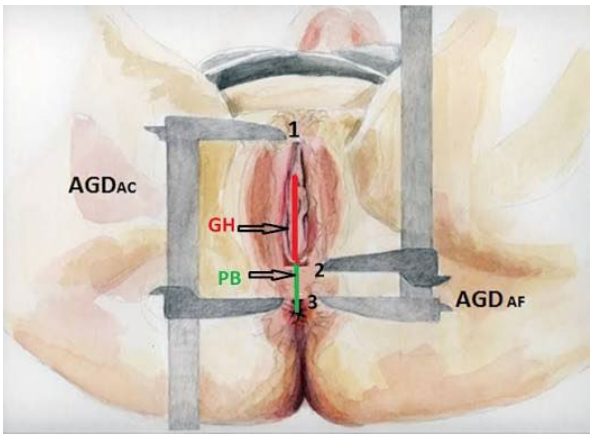


Illustration showing the perineal body (PB)

What is the perineal body?
It is the small area of tissue between the vaginal opening and the anus. The research team will measure this area before full cervical dilatation and before active pushing.

2. What will happen if I take part?

- If you meet the study criteria and agree to participate, a doctor will take a measurement during your first vaginal examination in the labour room.
- The measurement is taken in centimetres, from the posterior fourchette (the back edge of the vaginal opening) to the front edge of the anus.
- A clean, single-use wooden tongue depressor with a centimetre scale will be used.
- The measurement is done only once and should take only a short time as part of the routine vaginal examination.
- Your delivery and the degree of any perineal injury will be recorded for the study.



Single-use measuring tool

How is it measured?
The wooden measuring tool is placed gently along the midline to measure the distance between the two anatomical landmarks. No cutting or procedure is involved.

3. Will it be painful?

No. The measurement is performed before a vaginal examination that would normally be carried out in labour. *No discomfort would be felt when procedure is being performed,*

4. Are there any risks?

- There are no additional invasive procedures beyond the vaginal examination and measurement described above.
- You may experience temporary discomfort or embarrassment during the examination.
- You may ask the doctor to stop the measurement at any time.

5. Are there any benefits?

You may not receive a direct personal benefit from taking part. The information collected may help doctors better understand factors associated with perineal injury during vaginal delivery and may contribute to improving future maternity care.

6. Is participation voluntary?

Yes. Taking part is entirely voluntary. You may choose not to participate, or you may withdraw at any time. Your decision will not affect the care you receive.

7. How will my information be protected?

- Your personal information will be kept confidential.
- A study identification number will be used for the research data instead of your name wherever possible.
- Study information will only be accessed and used by authorised members of the research team for research purposes.
- Results may be presented or published, but individual participants will not be identified.

8. What happens if I do not want to take part?

Nothing. You will continue to receive the usual care provided by the maternity team. There will be no penalty or loss of benefits.

9. Who can I contact?

Principal Investigator / Researcher	Dr. Sabeetha Segaran
Department	Department of Obstetrics & Gynaecology, Hospital Tuanku Ja'afar, Seremban
Contact details	Tel: +606-7684000 Email: sabeethasegaran@moh.gov.my