

YOUR OPTIONS COMPARED

OPTION A Planned induction at 39 weeks

OPTION B Expectant management

Usually around
39 weeks

Anytime from
39–42 weeks
(unless there is a medical
reason for earlier delivery)

Easier to plan

Less predictable

4.3 out of 100
(similar risk)

5.4 out of 100
(similar risk)

19 out of 100

22 out of 100

9 out of 100

14 out of 100

20 hours
(median 13 – 28)

14 hours
(median 9 – 20)

82 out of 100

79 out of 100

8

9

7

7

Worst
pain
(0–10)

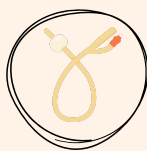
Overall
pain
(0–10)

METHODS OF INDUCTION OF LABOUR



Medicines (Prostaglandins)

Medication placed in the vagina to soften and shorten the cervix.
If labour has not started after 6 hours, a second dose may be offered.



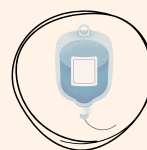
Cervical ripening balloon (Foley's catheter)

A small balloon is inserted through the cervix and inflated to help it open.
It stays in place for up to 12–24 hours or comes out on its own.



Artificial rupture of membranes

The waters are broken using a small plastic hook to help start the process of labour.
It is usually not painful.



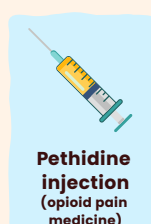
Oxytocin (synthetic hormone)

Given through a drip (IV) to start or strengthen contractions.
The dose is adjusted based on your contractions and your baby's wellbeing.

PAIN RELIEF OPTIONS

Labour pain is a normal part of childbirth, whether labour starts naturally or is induced.

✓ The same pain relief options are available to all women, including:



UNIVERSITY
OF MALAYA
MEDICAL CENTRE

CONSIDERING INDUCTION OF LABOUR AT 39 WEEKS?

EVIDENCE TO HELP YOU MAKE AN INFORMED DECISION



For more information:



NICE guidelines
NG207



MOH guidelines in
Induction of Labour

IS THIS LEAFLET FOR ME?

This study leaflet is for women who :



are having their first baby



have one baby



have a healthy pregnancy



have a baby in a head-down position



are approaching 39 weeks of pregnancy



are considering whether to have planned induction at 39 weeks or wait for labour to begin naturally

YOUR CHOICES AT 39 WEEKS



OPTION A Planned induction at 39 weeks

Labour is started using medical/mechanical method at around 39 weeks



OPTION B Expectant management

You wait for labour to begin naturally while receiving routine pregnancy care. If labour has not started by around 41–42 weeks, induction of labour may be recommended.

WHAT DOES CURRENT RESEARCH SHOW?



The ARRIVE Trial is one of the largest studies comparing planned induction at 39 weeks with waiting for labour to start naturally (expectant management).



It included more than 6000 healthy women having their first baby in 41 hospitals in the USA.

What did the study find?

PRIMARY OUTCOME

(Most important finding)

No significant difference in serious problems for babies

In the ARRIVE Trial, planned induction at 39 weeks did not reduce the risk of serious problems for babies compared with waiting for labour.

Serious problems for babies occurred in:

4.3%

with planned induction



5.4%

with waiting for labour

These problems includes:

- ★ Perinatal death
- ★ Need for breathing support
- ★ Apgar score <3 at 5 minutes
- ★ Hypoxic-ischemic encephalopathy
- ★ Seizure
- ★ Infection
- ★ Birth trauma
- ★ Serious bleeding in the baby's head

OTHER IMPORTANT FINDINGS FROM THE ARRIVE TRIAL

1 Caesarean birth

19 out of 100
with planned induction

VS

22 out of 100
with waiting for labour



1 caesarean birth may be prevented for every 28 women who choose planned induction

2 High blood pressure during pregnancy

9 out of 100
with planned induction

VS

14 out of 100
with waiting for labour



1 case of high blood pressure may be prevented for every 20 women who choose planned induction

3 Women's birth experience

In planned induction at 39 weeks, women have :

- ✓ **Greater** sense of control
- ✓ Similar overall pain, with slightly **lower** worst pain scores
- ✓ **Longer** time in labour ward
- ✓ Slightly **shorter** stay after birth

There is no single "right" decision.

The best decision is the one that fits your values, preferences and pregnancy, after discussion with your healthcare team.

