

**OUTPATIENT CERVICAL RIPENING WITH VAGINAL
ISOSORBIDE MONONITRATE IN UNCOMPLICATED
SINGLETON PREGNANCIES AT 39 WEEKS GESTATION.**

ABSTRACT

Introduction:

A normal gestation apparently varies with ethnicity, being approx. 273 days in South Asians and approx. 280 days in Caucasians. Vaginal Isosorbide mononitrate (ISMN) has been shown to be effective in preinduction cervical ripening in term pregnancies.

Objectives:

- a) To estimate the median gestational age (GA) at spontaneous onset of labour (SOL) and vaginal delivery without any obstetric intervention in women with uncomplicated singleton pregnancies.
- b) To determine the effectiveness and acceptability ISMN self-administered vaginally at home, in causing cervical ripening in women with singleton uncomplicated pregnancies at POG 273 days having Modified Bishops Score (MBS)<5.

Method:

- a) From 01 September 2013 to 31 May 2014, the gestational ages (GA) at spontaneous onset of labour (SOL) and vaginal delivery without any obstetric intervention in women with uncomplicated singleton pregnancies in the Academic Obstetric Unit of teaching hospital, Mahamodara, Galle, were recorded.
- b) Consecutive women with uncomplicated singleton pregnancies and MBS of < 5, were allocated by stratified (primip/multip) block randomization to self-administer vaginally at home every other day, five doses of 60 mg of the sustained release form of ISMN (ISMN -SR); (n = 72, cases), or Pyridoxine 10mg (n=72, controls), from GA 273 to 282 days.

Results:

The median GA at SOL and vaginal delivery without any obstetric intervention, in women with uncomplicated singleton pregnancies, was 275 days (IQR 268 to 280 days).

The mean age, education level and the mean MBS at GA 273 days were not significantly different between the cases and controls. At GA 282 days, the mean MBS and the mean change of MBS from the time of recruitment were similar, between the two groups. Also the mean MBS and the mean change of MBS from GA 282 days to GA 287 days were not significantly different between the two groups. Women were satisfied with outpatient therapy (80% in cases vs. 76% in controls) but 44 % of cases had side effects, mainly headache which responded to paracetamol. A vast majority of women in both groups stated they would like to use outpatient therapy in a subsequent pregnancy (89% in cases vs. 86% in controls) and that they would recommend it to a friend. (93% in cases vs. 90% in controls).

Conclusion:

The median GA among the women with uncomplicated singleton pregnancies who established SOL and delivered vaginally was approximately five days shorter than the traditionally accepted 280 days. Therefore, attempts at ripening the cervix at outpatient level at a GA of 273 days can be justified. However, outpatient vaginal ISMN therapy from GA 39 weeks does not appear to be effective in causing significant cervical ripening or promoting the establishment SOL, although the acceptability of outpatient self medication was high.