

## MONTEVIDEO UNITS

- For determining the adequacy of uterine contractions (is the labor adequate?)
- Calculated from readings of IUPC by subtracting baseline from peak contraction for each contraction during a 10-minute window and adding the pressures.
- ACOG recommends that prior to diagnosing an arrest of labor, the uterine contraction pattern should exceed 200 Montevideo units for at least 2 hours without cervical change. (i.e. with adequate labor for 2 hours and no progress of labor)

### Example:

**Fig. 19-5. Montevideo units are calculated by subtracting the baseline uterine pressure from the peak contraction pressure for each contraction in a 10-minute window and by adding the pressures generated by each contraction. In the example shown, five contractions occurred, producing pressure changes of 52, 50, 47, 44 and 49 mm Hg, respectively. The sum of these five contractions is 242 Montevideo units.**

**(From Williams Obstetrics, Twenty Second Edition, page 499)**