

VACUUM EXTRACTION

INDICATIONS:

- Vertex, deeply engaged head (2+ station, complete dilation (anterior cervical lip allowed))
- Rupture of membranes
- No known cephalopelvic disproportion
- Term infant
- Nonreassuring fetal monitoring strip
- Prolonged second stage of labor
- Failed progress in second stage of labor
- Inadequate expulsive contractions
- Maternal exhaustion

CONTRAINDICATIONS:

- Prematurity
- Breech, face, brow, or transverse presentation

INDICATIONS FOR DISCONTINUING:

- Failure to achieve extraction after 10 minutes at maximum pressure
- Failure to achieve extraction after 30 minutes total time
- Disengagement of the cup 3 times
- No significant progress in 3 consecutive pulls
- Fetal scalp trauma inflicted by the cup

PROCEDURE(Mneumonic, can be performed in sequence that is logical to procedure goal):

1. **A**nesthesia - may be local
2. **B**ladder should be empty
3. **C**ervix must be completely dilated
4. **D**etermine the position. Think about dystocia.
5. **E**quipment ready with an assistant to help. The vertex is wiped clean of blood and fluid. The labia are spread and the cup is inserted and applied to head. Most recommend removing the scalp electrode at this time (or have it placed where it won't interfere with vacuum application).
6. **F**ontanelle. The cup is inserted and positioned over the posterior fontanelle. A finger is swept around the cup to be sure no maternal tissue is trapped. The cup can be rotated several times to be sure no maternal soft tissue is caught. Apply negative pressure (yellow zone) 5 inches Hg, and reexamine cup placement. With the next contraction, apply negative pressure raised rapidly to 30-40 inches Hg (green zone) not to exceed 45 inches (red zone). (The Mityvac uses "inches Hg" for pressure).
7. **G**entle traction in the direction of the pelvic axis. Keep handle parallel to floor.
8. **H**alt traction when the contraction is over and reduce pressure back to 5 (yellow zone). Stop the procedure after no progress in 3 good consecutive pulls or if you've attempted delivery for 30 minutes.
9. **I**ncision for episiotomy (consider if more room is needed to maneuver vacuum).
10. **J**aw. Remove vacuum cup after the jaw is delivered

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