

# Analysing the effectiveness of vaginal cleansing prior to the caesarean - section

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## OBJECTIVE

- To assess the efficacy of vaginal preparation with antiseptics prior to caesarean section in preventing maternal peripartum infections.

## METHODS:

- Vaginal cleaning with either povidone iodine or chlorhexidine at the time of catheterization for caesarean section was implemented in a district hospital as per WHO recommendation.
- Data was collected retrospectively 1 year after introduction of the vaginal preparation procedure compared it with data collected prior to the implementation of the procedure.

## RESULTS:

- Post-natal re-admissions with sepsis following caesarean section was reduced by 62.5% with the introduction of vaginal preparation prior to caesarean section.
- Endometritis following caesarean section was reduced to 6.6% after implementation of vaginal cleansing procedure preceding caesarean section.
- Post – caesarean section wound infection remained the same before and after the introduction of antiseptic vaginal cleaning before caesarean section.

## CONCLUSIONS:

- WHO recommended vaginal preparation before cesarean section is a simple and well tolerated way to reduce postnatal re-admissions with sepsis and endometritis following caesarean section.
- Vaginal preparation prior to caesarean section pertains to all women undergoing caesarean section including elective caesarean and emergency C section following failed trial of forceps.
- Vaginal preparation is done for a duration of 30 seconds to 1minute following preoperative urinary bladder catheterization to minimize woman's discomfort.

## REFERENCES:

- 2017 systematic review: Vaginal cleansing prior to CS reduces post operative endometritis
- <https://pubmed.ncbi.nlm.nih.gov/2879668>

