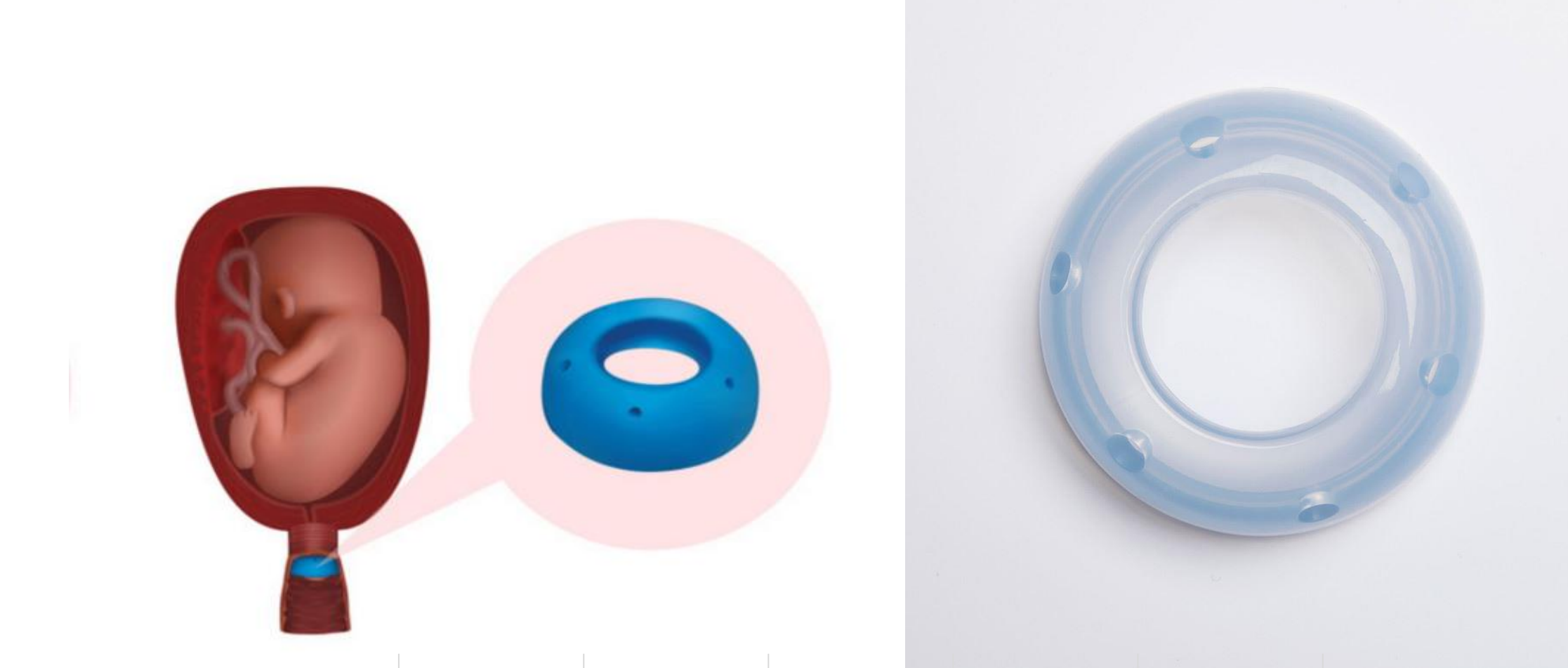


Use of arabin pessary in women at high risk of preterm labour.

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An observational study using a non invasive technique to prevent preterm labour in high risk women.

Introduction:

- Preterm birth is the single biggest cause of neonatal mortality and morbidity in the UK. Over 52,000 babies (around 7.3% of live births) in England and Wales born preterm.
- The ‘Arabin’ cervical pessary has been developed to treat women with a short cervix to reduce the chance of going into preterm labour.
- It is made out of soft silicone material, its dome shaped like the vaginal fornix with aim to support cervix as close to internal os as possible.
- Its mechanism of action is by preventing the positive feedback loop between pressure on cervix and uterine contraction mediated by hypothalamus, some suggest that it works by bending the cervix backward to increase the utero-cervical angle.

Objectives:

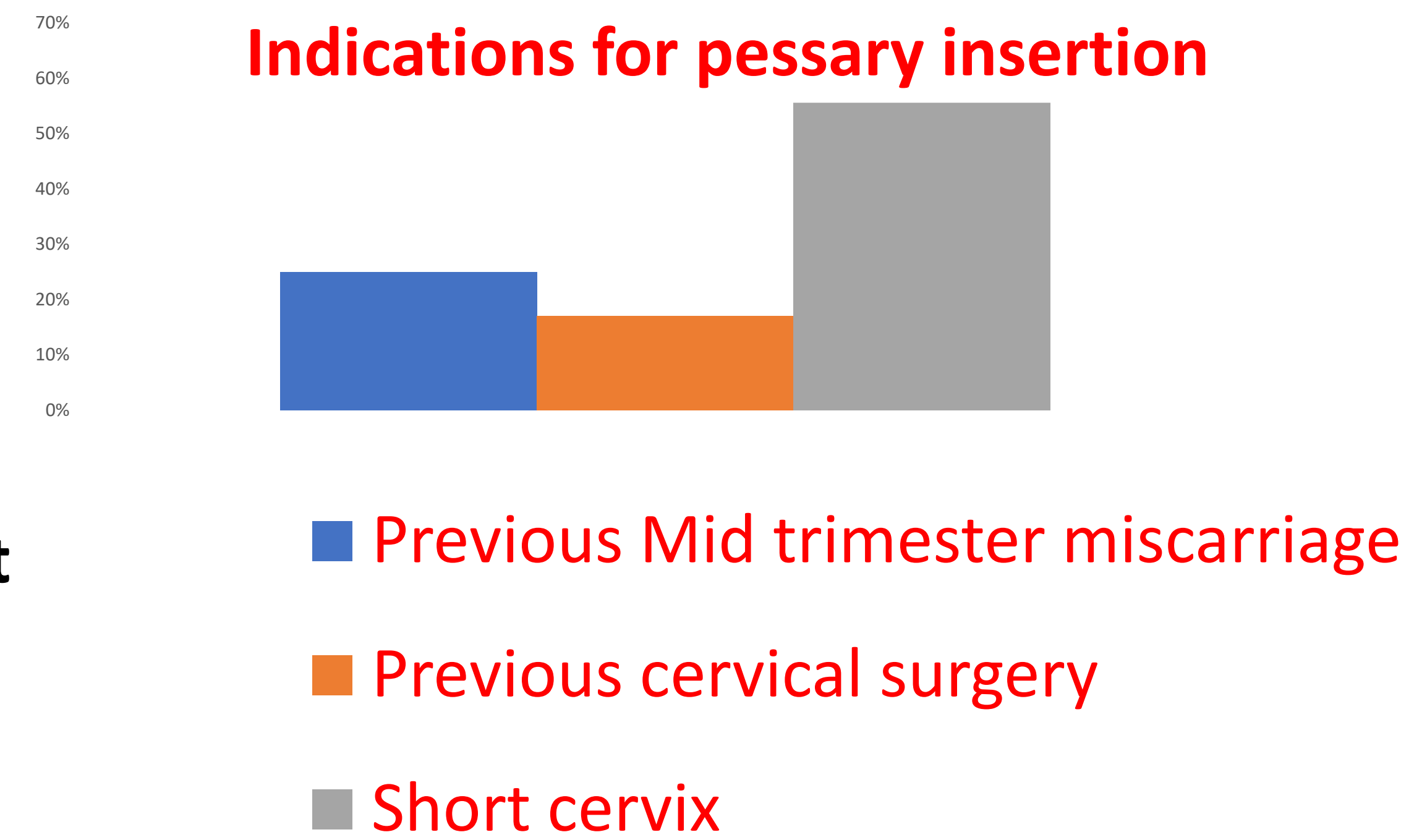
- To study the efficacy of arabin pessary in managing women at high risk for spontaneous preterm birth.

Design:

- A non-randomised observational study performed in Apollo Hospitals, India, from July 2018 to November 2021.

Methods:

- It was a prospective study involved 54 pregnant women.
- Women with previous mid-trimester miscarriage, previous preterm birth, previous cervical surgery and/or cervical length of 15–25 mm before 24 weeks an Arabin cervical pessary were inserted.

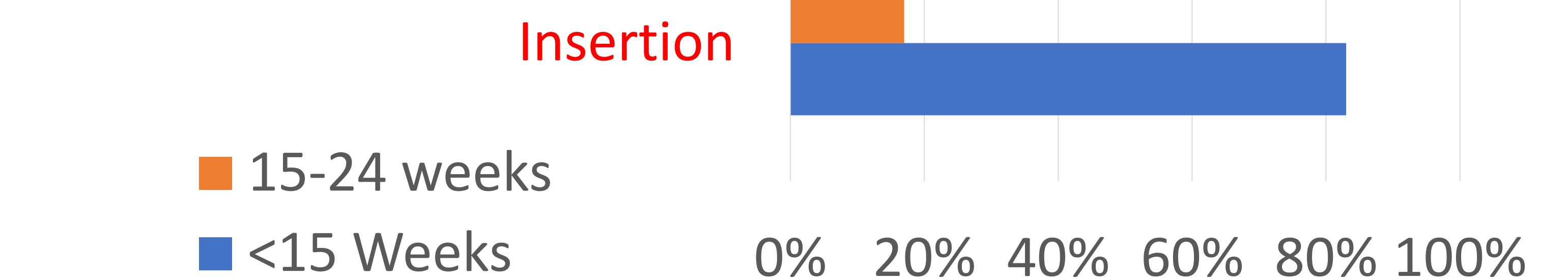


Results:

- Around 60% of women had delivered after 37 weeks gestation.
- Vaginal progesterones was used in 63% of women after the pessary insertion till 34 weeks of gestation.
- 40% of women had delivered before 37 weeks of gestation
- Most women were comfortable with pessary, few had copious vaginal discharge which was physiological to the insertion of pessary.
- None of the women had the pessary removed during the observatory phase.
- Vaginal swabs taken every 4 weeks and were treated accordingly.

We found that , 74% women delivered after 34 weeks gestation with birthweight at or more than 2200 g with good neonatal outcomes

Number of preterm delivery



Conclusion:

- The results of our observational study suggested that the insertion of the Arabin pessary in women at high risk for spontaneous preterm birth is beneficial if it is inserted electively earlier at 15 weeks gestation.
- We found close monitoring of the patients are beneficial in the management of this high risk group of women to allow additional steps in management aiming for the best outcome.
- Arabin pessary is safe with minimal side effects, affordable, simple to use and non-operator dependent.
- This is a study with small number which showed good outcomes, need large scale studies for supportive evidence.

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