

ABSTRACT

OBJECTIVE: The purpose of the study was to assess whether amniotomy reduces the duration of labour in women having spontaneous onset of labour in active phase.

STUDY DESIGN: We performed a randomized control trial that compared routine amniotomy with non amniotomy in women having spontaneous onset of labour in active phase. Inclusion criteria were Low risk women, singleton pregnancy, term gestation (between 37-41 weeks), spontaneous labour with intact membranes and cervical dilatation is between 3-5 cm. Subjects were randomly allocated to amniotomy group and non amniotomy group. The primary outcome was the duration of labour in minutes from the time of randomization to delivery. The secondary outcomes were LSCS rate, need for oxytocin augmentation and ARM, CTG abnormalities, Postpartum endometritis and NICU admission.

RESULTS: Amniotomy reduces the duration of labour - from the time of randomization to delivery by 90 minutes (276 versus 369 minutes). There was no difference between LSCS rate two groups. This improvement in labour did not come at the expense of increased complications.

CONCLUSION: Routine amniotomy in women with spontaneous labour is effective in reducing the duration of labour without increasing complications.