EXTERNAL CEPHALIC VERSION (ECV)

BACKGROUND
Performing an ECV has been shown to decrease the rate of non-cephalic presentations in labour and the number of caesarean sections for breech at term.\(^1\)

3-4% of singleton term pregnancies are associated with breech presentation. Spontaneous version rates for nulliparous women are approximately 8% after 36 weeks gestation, and 5% after an unsuccessful ECV.\(^2\)

The success rates for ECV are approximately 40% in nulliparous women and 60% in multiparous.\(^3\)

Following a successful ECV, spontaneous reversion will occur in < 5% of cases.\(^2\)

SAFETY AND COMPLICATIONS
ECV has a low complication rate. Approximately 1:200 attempts will require an emergency caesarean section for a serious adverse outcome such as placental abruption, cord prolapse or acute fetal compromise.

Potential complications of ECV include: non-reassuring cardiotocography (CTG) and fetal bradycardia (usually transient), and rarely, placental abruption, uterine rupture and feto-maternal haemorrhage.

Risks associated with ECV\(^2,4\):
- Transient fetal distress 5.7%
- Abnormal CTG 0.37%
- Vaginal bleeding 0.47%
- Abruption 0.12%
- Emergency caesarean section 0.43%

The standard pre-operative preparations for caesarean section are not necessary for women undergoing ECV given the low complication rate.

ECV SHOULD BE OFFERED FROM 36 WEEKS IN NULLIPAROUS WOMEN AND FROM 37 WEEKS IN MULTIPAROUS WOMEN

A large multi-centre randomised study found that ECV initiated at 34-35 weeks gestation compared with 37 weeks or more increases the probability of cephalic presentation at birth, however it does not reduce the rate of caesarean section, and it may increase the risk for preterm birth.\(^5\)
USE OF TOCOLYSIS

The use of tocolysis increases the success rate of ECV. This has been proven with terbutaline and salbutamol. Nifedipine has also been used in this setting, and is generally better tolerated than salbutamol. Terbutaline and Nifedipine are available to use in this context. See Appendix I.

CONTRA-INDICATIONS TO ECV

ABSOLUTE CONTRAINDICATIONS

- Where caesarean delivery is required (eg. placental praevia, previous classical caesarean section)
- Abnormal CTG
- Major uterine anomaly
- Ruptured membranes
- Multiple pregnancy (except for birth of second twin)

RELATIVE CONTRAINDICATIONS (WHERE ECV MIGHT BE MORE COMPLICATED)

- Small-for-gestational-age fetus with normal Doppler parameters
- Pre-eclampsia
- Oligohydramnios
- Major fetal anomalies
- Previous caesarean section or uterine surgery
- Antepartum haemorrhage within the last 7 days (individualised management)

POLICY

ON ADMISSION

- Ensure informed verbal consent obtained
- Ensure no contra-indications to the procedure
- Abdominal palpation
- Review blood group

MATERNAL/FETAL OBSERVATIONS

- Record maternal pulse, blood pressure, temperature and respiratory rate
- Perform CTG, ensuring criteria for normal CTG are met. Document using CTG sticker (please refer to: Fetal Heart Monitoring Guideline GLM0010)
SENIOR MEDICAL REVIEW

- Perform USS to confirm: presentation, AFI and placental location
- Consider tocolysis

FOLLOWING THE PROCEDURE

- Confirm fetal lie and presentation with USS
- Anti-D 625 units for all Rhesus negative women
- Perform CTG. Document using CTG sticker (please refer to: Fetal Heart Monitoring Guideline GLM0010). Discharge home when CTG is normal
- Core midwife to inform woman and LMC of outcome and ongoing management plan

IF ECV IS UNSUCCESSFUL

1. Offer repeat attempt a week later
2. Discuss mode of birth: planned vaginal versus elective caesarean section
   (please refer to CWH Breech Birth guideline: Breech Birth Guideline GLM0048)

REFERENCES

APPENDIX 1: TOCOLYSIS FOR EXTERNAL CEPHALIC VERSION

The following regimes can be administered 20-30 minutes prior to ECV.
Maternal pulse and blood pressure need to be monitored with all 3 regimes.

CONTRA-INDICATIONS TO TOCOLYSIS

- Severe cardiac disease (especially cardiac tachyarrhythmias)
- Significant haemorrhage
- Hypotension (due to vasodilator effect and tachycardia)

Note: 50% of women develop palpitations with IV use (recommend subcutaneous regime as first line).

FIRST LINE THERAPY

**Terbutaline** 250 micrograms subcutaneous (0.5 mL of 500 microgram/mL vial)

ALTERNATIVE OPTIONS

**Terbutaline** 250 microgram IV over 5 minute (0.5 mL of 500 microgram vial diluted in 5 mL 0.9% sodium chloride)

**Nifedipine** either 10 mg\(^{11}\) or 20 mg\(^{12}\) oral can be used.
# External Cephalic Version (ECV) Referral

**Woman's telephone:** Home (_____) .................................................. Mobile:.................................................................

<table>
<thead>
<tr>
<th>EDD</th>
<th>Gravida:</th>
<th>Parity:</th>
<th>Blood group:</th>
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<tbody>
<tr>
<td>by LMP ........ /........ /.........</td>
<td>☐ Certain</td>
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<tr>
<td>by USS (earliest) @ ........ / 40: ........ /........ /.........</td>
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**SUITABILITY FOR PAPER TRIAGE**

- ☐ Yes
- ☐ No

- ☐ Healthy woman ≥36 weeks (Nulliparous)
- ☐ BMI less than 35

**LMC DETAILS**

- LMC name: .................................................................
- Contact details: ............................................................

**TO ACCOMPANY ALL REFERRALS**

- ☐ Growth USS to confirm breech
- ☐ Maternity Booking Form
  - Accompanies referral
  - Already submitted

**Contra-indications to ECV Referral – see ECV Guideline**

**Absolute**

- ☐ Caesaren delivery is required
- ☐ Major uterine anomaly
- ☐ Ruptured membranes
- ☐ Multiple pregnancy
- ☐ Abnormal CTG

**Relative**

- ☐ Small for gestational-age fetus
- ☐ Pre-eclampsia
- ☐ Oligohydramnios
- ☐ Major fetal anomalies
- ☐ Previous C/Section or uterine surgery
- ☐ Antepartum haemorrhage within last 7 days

**For antenatal clinic review**

**For obstetric review**

**Other information:** ........................................................................................................................................................................

Referred by: ........................................................................... Signature: .................................................................

**CWH USE ONLY**

- ☐ ECV booked
- ☐ Date: ........ / ........ / ........ Time: 1300hrs
- ☐ LMC informed of ECV date
- ☐ LMC to inform woman

**PAPER CLINIC**

- Meets criteria: ☐ Yes
- ☐ No

If no, fax form to MOPD, 85301 as obstetric review required

MW signature: .................................................................

Date: ........ / ........ / ........

**Suitable for paper triage:** ☐ Yes – FAX to MOPD (03) 364 4301

Ref.C270137

Authorised by: Director of Midwifery CWH

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September 2016