

Updated NICE Guideline (Inducing Labour) endorses use of osmotic dilators (DILAPAN-S)

Dilapan-S, exclusively distributed in the UK by AGHealth, has been included in the recently published NICE Guideline for inducing labour.

[Click here to read the guideline](#)

Dilapan-S is a synthetic hygroscopic cervical dilator, a non-hormonal option for ripening of the cervix prior to induction of labour. Now recommended for consideration as a mechanical IOL option, Dilapan-S offers predictability and flexibility for both women and their healthcare professionals.

The NICE guideline on inducing labour, published on Thursday 4th November 2021, was updated from the 2008 guideline. The guideline states:

‘For women with a Bishop score of 6 or less, consider a mechanical method to induce labour (for example a balloon catheter or osmotic cervical dilator) if: Pharmacological methods are not suitable [...], or the woman chooses to use a mechanical method.’ [1.3.8]

The guideline places emphasis on maternal request and involvement, stating:

‘Discuss with women the risks and benefits of different methods to induce labour’ [1.3.5]

Given examples of such risks include hyperstimulation, foetal monitoring, ease of removal and those associated with pharmacological methods vs mechanical. The statement paves the way for all patients to become informed of the alternative methods available for their induction such that they can make an informed choice.

In addition, examples of when a pharmacological method might not be suitable for use front line, and when a mechanical alternative should be considered are given. Those include women with a higher risk of, or from, hyperstimulation, or those who have had a previous caesarean section. Trusts may also consider additional factors that affect the suitability of pharmacological methods vs mechanical.



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Dilapan-S enables both inpatient and outpatient ripening and has been included in section 1.6.1 of the guideline on outpatient induction. Its non-hormonal, predictable action and flexibility afforded by the lack of required foetal monitoring and absence of anything bulky outside of the body makes it an ideal option. Dilapan-S could therefore be considered an option that can help enable women to relax and prepare in their own environment, while reducing the burden on hospital resource.

AGHealth remains devoted to optimising the experience and outcomes of women and babies. They do that by ensuring healthcare professionals have access to differentiated and carefully tailored solutions alongside the dedicated support necessary to achieve those outcomes. The update of the NICE Guideline is another step towards ensuring access to the latest evidence-based products in the UK.

For more information, please email info@aghealth.co.uk to get in touch.

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