EP03.10 Cervical length measurement: interesting case series.
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Introduction
Preterm births (PTB) account for half of all neonatal deaths in developed countries and have not decreased despite increased awareness of risk factors & mechanism due to
• Absence of an effective screening test to identify high risk women
• Lack of an effective preventative intervention to prevent this complication (2, 4)

Indications
• Routine pregnancy care: 20-24 weeks of gestational age (GA)
• With a previous history of PTB or increased risk such as uterine anomalies: every 2 weeks between 14 to 24 weeks GA (1,3)

Normal cervix length is 25-50mm from 14-24 weeks GA
Short cervix is cervical length <25mm at or before 28 weeks GA

Video clip (author) demonstrating the gentle release of transvaginal probe pressure to help obtain similar width of anterior and posterior lips of the cervix.

Technique: The protocol given below is as per the cervical length education and review (CLEAR) criteria and RANZCOG statement.
• Transvaginal scan
• Empty bladder
• Transducer in anterior cervix
• Sagittal view of entire cervical length
• Cervix to occupy 2/3rd of the screen
• Same width of anterior & posterior lips
• Place calipers from internal to external os along the entire length of the cervical canal
• Obtain three measurements, use shortest best
• Observe in real-time for three minutes

Conclusion
Reliable transvaginal cervix measurements with standard image criteria and consistent examination protocols are required to reduce PTB rates.


Fig 1: Normal cervix on transvaginal scan at 20 weeks GA. Calipers are placed where anterior & posterior walls of the canal touch, from internal os to external os along the entire cervical canal.(image by author)

Fig 2: Incidental finding of extreme funneling at 20 weeks of GA with only 4 mm cervical tissue (image by author)

Fig 3: Previous PTB, twin pregnancy, on vaginal progesterone treatment, weekly review of cervical length (image by author)

Fig 4: Important to assess adjacent structures, vasa previa detected while assessing the cervix. (image by author)