5 Step Vacuum Technique

* Measure Length of Middle Finger

1. Locate Flexion Point & Calculate Distance

2. Hold & Insert Cup

3. Move Cup Over Flexion Point

4. Create Vacuum & Exclude Maternal Tissue

5. Initiate Traction

Courtesy of Vacca A. Handbook of Vacuum Delivery in Obstetric Practice, 3rd Ed.
5 Step Key Takeaways

1 Locate Flexion Point & Calculate Distance
Locate the flexion point. With opposite hand, note distance where finger meets introitus. This is the distance you will insert the cup in step 3.

![Flexion Point Diagram]

**NOTE:** The flexion point is located on the sagittal suture 3 cm forward of the posterior fontanelle.

2 Hold & Insert Cup
Hold cup with thumb on tube in groove, fingers on foam and insert into the vagina. After inserting, adjust cup so it lies flat against fetal head along midline.

**NOTE:** Place ‘groove’ and stem of cup at 12 o’clock. This allows one to visualize rotation as descent occurs.

3 Move Cup Over Flexion Point
Note 6 & 11cm markings on stem tubing. Reference these markings to know how far to insert cup. Push cup posteriorly along maternal midline over flexion point. Insertion distance is the distance measured in Step 1.

**NOTE:** The flexion point is along the midline. Do not push cup laterally.

4 Create Vacuum & Exclude Maternal Tissue
Use palm pump to create vacuum. Once initial vacuum is created, feel around cup to exclude any maternal tissue. Then continue pumping vacuum to 600mmHg.

**NOTE:** Create vacuum to green section on gauge. If possible, ‘bury’ the green so it is no longer visible.

5 Initiate Traction
Initiate traction along axis of pelvis. Pull during contractions. Do not move handle up and down or side to side while pulling.

**FINGER / THUMB TECHNIQUE**
Use thumb and index finger of non-pulling hand to support the cup and the fetal head while pulling. This will help identify loss of vacuum before a pop-off occurs, while also providing feedback on descent.

**NOTE:** Place ‘groove’ and stem of cup at 12 o’clock. This allows one to visualize rotation as descent occurs.

See Package Insert for Full Instructions, Warnings, Precautions & Contraindications

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