

USING CONDOM UTERINE BALLOON TAMPONADE FOR POSTPARTUM HEMORRHAGE: INSTRUCTIONS FOR ASSEMBLY, INSERTION & REMOVAL

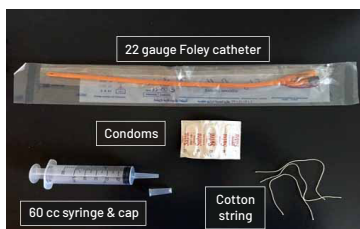
Consider use of Uterine Balloon Tamponade (UBT)

- ✓ if excessive postpartum bleeding is due to suspected uterine atony and uncontrolled by uterotonics, uterine massage, and manual removal of clots
 - ✓ before surgery or referral to a higher level of care
- Kits should be stored in locations that are easily accessible during and after delivery

ASSEMBLING UTERINE BALLOON

STEP 1: Verify all components of UBT kit are present

- Kit components: Condom, string, Foley catheter, clamp or plug, 50 (or 60) cc syringe
- Clean water (about 1L) and a water basin also needed.



When assembling uterine balloon, do so on a clean surface and wear clean gloves.

STEP 2: Attach condom to catheter

- Unroll and attach condom with two cotton strings to Foley catheter

Important: Strings should be tight enough to prevent water from leaking, but should not close off catheter



STEP 3: Fill and attach syringe



- Fill syringe with clean water
- Insert syringe into catheter

INSERTING UTERINE BALLOON

STEP 1: Prepare the woman

- Call for help
- Explain to woman that she is bleeding heavily and a balloon must be placed to control bleeding
 - If woman is unconscious or unable to understand, inform birth companion
- Assure an empty bladder
- Assure uterus is empty and bleeding is not from a tear
- Position woman in lithotomy position

STEP 2: Insert assembled uterine balloon

- Put on sterile delivery gloves
- Place two fingers inside cervix
- Grasp assembled uterine balloon with other hand
- Slide condom attached to catheter over the two fingers into the cervix
- Advance into uterine fundus

STEP 3: Inflate uterine balloon

- Hold catheter, stabilizing it at the cervix with one hand
- Push water from syringe into condom balloon in uterus
 - Be sure condom is in the uterus and not in the vagina before inflating
- Remove syringe and plug or clamp end of catheter
- Refill syringe with water
 - For efficiency, have another provider refill the syringe
 - Check that catheter is properly placed at fundus each time balloon is re-inflated
- Continue inflating balloon until bleeding slows significantly or stops (usually 300-500 mL)
 - You may exceed 500 mL, if necessary
 - Be sure to document how much fluid was put into the condom so that you know how much to take out
- Plug or clamp end of catheter

STEP 4: Stabilize and monitor the woman

- Give broad spectrum antibiotics
- Monitor vital signs and bleeding every 15 minutes for first hour
- Document:
 - ☐ Date and Time UBT inserted
 - ☐ Amount of fluid (mL) used to inflate balloon

REMOVING UTERINE BALLOON

Once the woman is stable, she may perform normal postpartum activities with the uterine balloon in place.

If bleeding has stopped, the balloon may be left in place between 6-24 hours.

STEP 1: Remove half of the fluid with a syringe from main port of Foley catheter

- Observe the woman for 1 hour
- If bleeding continues, re-inflate and consider transfer to operating theatre or another facility

STEP 2: If no further bleeding after 1 hour, remove the remaining fluid

- Ensure all fluid is removed

STEP 3: Remove catheter and condom from the woman's uterus and vagina

- Do not cut Foley catheter when removing the uterine balloon

In 2017/18, Gynuity and partners conducted research in low and middle income settings to assess the impact of introducing in secondary/district referral facilities a simple, low-cost condom catheter uterine balloon tamponade (UBT) kit consisting of locally sourced materials. With partners, we developed a training curriculum, including this guide, which UBT trainers and healthcare workers trained in UBT may find useful.