



Obstetrics & Gynaecology Evidence Update (May 2026)

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Reviews & Meta Analyses:

[Clinical practice guidelines on normal labour and childbirth: a systematic review](#) [OPEN ACCESS]
Hernández-Martínez, M.L et al., BJOG: An International Journal of Obstetrics & Gynaecology, June 2026 133(7), pp. 1333–1339 [\[ABSTRACT\]](#)

[Does previous pregnancy experience improve folic acid supplementation uptake? a systematic review and meta-analysis](#) [OPEN ACCESS]
Ebong U et al., BMJ Open, 4 May 2026 16(5) [\[ABSTRACT\]](#)

[What is the effectiveness of primary care interventions in managing postnatal depression in the UK?](#)
Dosanjh, S; Shah, S; British Journal of General Practice, May 2026 76(suppl 1), [\[ABSTRACT\]](#)

[Pairwise comparative safety and effectiveness of anti-TNF blockers, Vedolizumab, and Ustekinumab during pregnancy: a systematic review and meta-analysis](#) [NHS OPENATHENS LOGIN REQUIRED]
Segun-Omosehin, O et al., Digestive Diseases & Sciences, 25 May 2026 [\[ABSTRACT\]](#)

[Effectiveness of preoperative vaginal preparation in reducing post-operative infection in patients who underwent emergency cesarean delivery: a systemic review and meta-analysis](#) [NHS OPENATHENS LOGIN REQUIRED]
Tang, X et al., International Journal of Gynecology & Obstetrics, May 2026 173(2), pp. 710–720 [\[ABSTRACT\]](#)

[Effectiveness of immersive virtual reality-based interventions for alleviating peri- and post-procedural pain and anxiety in gynecologic settings: A systematic review and meta-analysis of randomized controlled trials](#) [OPEN ACCESS]
Gonzalez-Lara, C et al., International Journal of Gynaecology & Obstetrics, 25 May 2026 [\[ABSTRACT\]](#)

[Association of weekend delivery with adverse neonatal outcomes: a systematic review and meta-analysis](#)
[OPEN ACCESS]

Pandey P et al., *Journal of Maternal-Fetal and Neonatal Medicine*, 5 May 2026 39(1) [\[ABSTRACT\]](#)

[Maternal body mass index and the risk of early-onset Group B Streptococcus disease in newborns: a systematic review and meta-analysis](#) [OPEN ACCESS]

Graae E.E et al., *Plos One*, 8 May 2026 [\[ABSTRACT\]](#)

[Peripartum interventions for elevated blood pressure in women with hypertensive disorders of pregnancy: a systematic review and meta-analysis](#) [OPEN ACCESS]

Frost, A.L et al., *The Lancet Obstetrics, Gynaecology, & Women's Health*, May 2026 2(5), pp. e435–e450
[\[ABSTRACT\]](#)

[Maternal and paternal antidepressant use before and during pregnancy and offspring risk of neurodevelopmental disorders: a systematic review and meta-analysis](#)

Chan J, Zhong A, Lam J et al., *The Lancet Psychiatry*, June 2026 13, 472-484 [\[ABSTRACT\]](#)

Randomised Trials & Observational Studies:

RCTS:

[Prophylactic tranexamic acid for the prevention of postpartum haemorrhage in women with placenta praevia: multicentre, double blind, randomised, placebo controlled, phase 3 trial](#) [OPEN ACCESS]

Zhang, L et al., *BMJ*, 13 May 2026 393, pp. e089636 [\[ABSTRACT\]](#)

[Randomised controlled trial of elective induction of labour at 40 and 41 weeks to prevent prolonged pregnancy](#)
[OPEN ACCESS]

Ipinnimo O.M et al., *Journal of Mother and Child*, 30 April 2026 30(1), pp. 72–80 [\[ABSTRACT\]](#)

Observational Studies:

[Association between history of fertility problems and pregnancy and birth complications: a longitudinal population-based cohort study](#) [OPEN ACCESS]

Tully, C.A et al., *Acta Obstetrica Et Gynecologica Scandinavica*, May 2026 105(5), pp. 859–867 [\[ABSTRACT\]](#)

[Risk factors for birth trauma and postpartum posttraumatic stress in the United Kingdom: results from the international survey of childbirth-related trauma](#) [OPEN ACCESS]

Webb, R et al., *Acta Obstetrica Et Gynecologica Scandinavica*, May 2026 [\[ABSTRACT\]](#)

[Risk of congenital anomalies among infants of patients with endometriosis: a population-based cohort study](#)
[OPEN ACCESS]

Milne, B et al., *CMAJ Canadian Medical Association Journal*, 10 May 2026 198(18), pp. E688–E697 [\[ABSTRACT\]](#)

[Effectiveness of nirsevimab immunisation after birth versus RSVpreF maternal vaccination in preventing RSV-related hospitalisations in infants: a population-based retrospective cohort study](#)

Valtuille, Z et al., *The Lancet Child & Adolescent Health*, 7 May 2026 [\[ABSTRACT\]](#)

[Maternal age and pregnancy-related cardiovascular complications](#) [OPEN ACCESS]

Kamel, H et al., *Nature Communications*, May 18 2026 17(1), pp. 4066 [\[ABSTRACT\]](#)

[Risk of myasthenia gravis exacerbation during pregnancy and postpartum: a nationwide cohort study](#) [OPEN ACCESS]

O'Connor, L et al., *Neurology*, 13 May 2026 106(12), pp. e218082 [\[ABSTRACT\]](#)

Obstetric Ultrasound:

[Gestational age determination in pregnancies conceived via assisted reproductive technology \[OPEN ACCESS\]](#)
Gjerdevik, M et al., *Ultrasound in Obstetrics & Gynecology*, May 2026 67(5), pp. 604–612 [\[ABSTRACT\]](#)

[Fetal monitoring for high-risk pregnancies using a wearable ultrasound patch](#)
Park, G et al., *Nature Biotechnology*, 26 May 2026 [\[ABSTRACT\]](#)

[Dedicated first-trimester anomaly scan in a National Prenatal Screening Program and timing of diagnosis: The prospective IMITAS cohort study \[OPEN ACCESS\]](#)
Bronsgeest K et al., *BJOG: An International Journal of Obstetrics and Gynaecology*, June 2026 133(7), pp. 1373–1380 [\[ABSTRACT\]](#)

Midwifery:

[An overview of oral conditions in newborns \[NHS OPENATHENS LOGIN REQUIRED\]](#)
Newton, L et al., *British Journal of Midwifery*, May 2026 34(5), pp. 276–281 [\[ABSTRACT\]](#)

[Continuous persistent occiput transverse position during labor - associations of different midwifery interventions with cervical dilation rate and birth outcomes: A retrospective cohort study \[OPEN ACCESS\]](#)
Jiang, M. Zheng, M., *Medicine*, 8 May 2026 105(19), pp. e48574 [\[ABSTRACT\]](#)

[Numbers and proportions of women giving birth in UK midwifery units since 2016: a secondary analysis of data reported to the UK Midwifery Study System \(UKMidSS\) \[OPEN ACCESS\]](#)
Newman, T et al., *Midwifery*, June 2026 157, pp. 104776 [\[ABSTRACT\]](#)

[Why continuity of carer matters in group care: a qualitative analysis of women's experiences of Pregnancy & Parenting Circles in England \[OPEN ACCESS\]](#)
Horn, A et al., *Midwifery*, May 2026 156, pp. 104735 [\[ABSTRACT\]](#)

Breastfeeding and Lactation:

[The safety of direct oral anticoagulants use during lactation: a systematic review \[OPEN ACCESS\]](#)
Benicio F et al., *Thrombosis Research*, 13 May 2026; 262 [\[ABSTRACT\]](#)

[The efficacy and the safety of antenatal breastmilk expression on breastfeeding outcomes: a systematic review and meta-analysis \[OPEN ACCESS\]](#)
Wu F et al., *BMC Pregnancy and Childbirth* 26(1) , 27 March 2026 [\[ABSTRACT\]](#)

[The Effects of Breastfeeding and the Taste and Smell of Breast Milk on Pain Reduction in Infants: An Umbrella Review and Reanalysis of Meta-Analytic Evidence](#)
Gök, C; Karataş, P., *Breastfeeding Medicine*, 13 May 2026 pp. 15568253261446229 [\[ABSTRACT\]](#)

New & Updated Cochrane Reviews

Pregnancy & Childbirth:

Planned early birth versus expectant management for hypertensive disorders from 34 weeks' gestation to term
Alice Beardmore-Gray; Christa Rohwer; Cristina Fernandez-Turienzo; Catherine A Culver

Reproductive and Sexual Health:

Endometrial injury in women undergoing in vitro fertilisation (IVF)

Amandi K Perera; Joscelyn Gan; Sarah Armstrong; Nick Raine-Fenning; Wellington P Martins; Sarah F Lensen

Visual tubal patency tests for tubal occlusion and hydrosalpinx

Rachel Tros; Danah Kamphuis; Kimmy Rosielle; Carolien Koks; Velja Mijatovic; Marlies Y Bongers; Ben Willem J Mol; Rui Wang

Cochrane Clinical Answers:

For women with stress urinary incontinence (SUI) and pelvic organ prolapse (POP), what are the effects of different POP surgical approaches, with and without concomitant continence procedures?

In women with preoperative SUI, concomitant MUS during vaginal POP surgery may reduce postoperative SUI and later continence surgery. For abdominal sacrocolpopexy, the available evidence favors MUS over Burch colposuspension for reducing subjective SUI and overactive bladder symptoms at some time points. However, evidence for other approaches is limited, and important outcomes remain poorly studied. Decisions should remain individualized, with thorough counseling and shared decision-making.

For women with occult stress urinary incontinence (SUI) and pelvic organ prolapse (POP), what are the effects of vaginal POP surgery with versus without a concomitant midurethral sling?

For women with occult SUI, adding a concomitant midurethral sling at the time of vaginal POP surgery likely reduces the risk of postoperative SUI and the need for later continence surgery. These potential benefits should be balanced against the absence of evidence for other important outcomes, such as pain, sexual function, quality of life, and mesh-related complications. Careful preoperative counseling and shared decision-making remain essential.

For continent women with pelvic organ prolapse (POP), how do different POP surgeries compare?

For continent women with POP, reviewers compared vaginal and abdominal POP surgery with versus without concomitant continence procedures, and also compared different types of surgery: vaginal POP surgery with mesh versus anterior native tissue repair. Low- to moderate-certainty evidence suggests that concomitant continence procedures may reduce postoperative stress urinary incontinence (SUI), whereas transvaginal mesh may increase SUI but may reduce recurrent POP on examination.

Practice Guidelines & Consensus:

Consensus in prenatal management of hemolytic disease of the fetus and newborn

Arkerson, B.J et al., *Best Practice & Research in Clinical Obstetrics & Gynaecology*, 24 April 2026 106, pp. 102731 [\[ABSTRACT\]](#)

Multiple pregnancies following assisted conception (Scientific Impact Paper No. 22, 2026 Third Edition) [OPEN ACCESS]

El-Toukhy, T.;Bhattacharya, S.; Akande, V. and the Royal College of Obstetricians, and Gynaecologists, *BJOG: An International Journal of Obstetrics & Gynaecology* 133(7), pp. e45–e49

The management of ovarian hyperstimulation syndrome Green-Top Guideline No. 5 [OPEN ACCESS]

Hamoda, H.; ;Drakeley, A.J.; Brian, K.; Evbuomwan, I.O.; Rajneesh, M and the Royal College of Obstetricians, and Gynaecologists *BJOG: An International Journal of Obstetrics & Gynaecology* 133(7), pp. e50–e69

Patient Blood Management in postpartum haemorrhage: a narrative review and expert opinion towards improving patient outcomes during pregnancy and childbirth [OPEN ACCESS]

Van de Velde, M et al., *British Journal of Anaesthesia*, 26 May 2026 [\[ABSTRACT\]](#)

Remifentanil patient-controlled analgesia for labour analgesia: guidance from the obstetric anaesthetists' association: Recommendations for well tolerated provision of remifentanil PCA for labour analgesia [NHS OPENATHENS LOGIN REQUIRED]

Hughes D.A et al., *European Journal of Anaesthesiology*. June 2026 43(6), pp. 486–498 [\[ABSTRACT\]](#)

Expert consensus on the obstetric management of pregnant patients with endometriosis: a modified Delphi study [OPEN ACCESS]

Legendre, G et al., *European Journal of Obstetrics, Gynecology, & Reproductive Biology*, 19 May 2026 323, pp. 115201 [\[ABSTRACT\]](#)

Anaesthetic management of obstetric patients with Chiari 1 malformation with or without syringomyelia: a multidisciplinary consensus statement from the Obstetric Anaesthetists' Association (OAA) [OPEN ACCESS]

Metodiev, Y et al., *International Journal of Obstetric Anesthesia*, 24 April 2026 67, pp. 105189 [\[ABSTRACT\]](#)

FIGO best practice recommendations for the mental health of women at menopausal age [OPEN ACCESS]

Khadilkar, S et al., *International Journal of Gynecology & Obstetrics*, May 2026 173(2), pp. 588–601 [\[ABSTRACT\]](#)

Technical Update No. 467: Progesterone for previous spontaneous preterm birth [OPEN ACCESS]

Jain, V et al., *Journal of Obstetrics and Gynaecology Canada*, May 2025 48, (5) pp.103272 [\[ABSTRACT\]](#)

Optimization of postpartum care for patients with and at risk for premature and long-term cardiovascular disease: 2026 ACC Expert Consensus Decision Pathway: A report of the American College of Cardiology Solution Set Oversight Committee [OPEN ACCESS]

Lindley, K.J et al., *Journal of the American College of Cardiology*, 22 May 2026

News, Briefings, Reports & Analysis:

News:

[Early birth safer for mother and baby in high blood pressure pregnancies – Cochrane \(21 May\)](#)

[Maternity Adviser to champion safer care for mothers and babies – Department for Health and Social Care \(19 May\)](#)

[New vaccines in pregnancy website – Imperial College Healthcare NHS Trust \(18 May\)](#)

[Gynaecology falls further behind as NHS hits elective recovery milestone – RCOG \(18 May\)](#)

[Review confirms effectiveness of infectious diseases in pregnancy screening in the UK – UK National Screening Committee \(18 May\)](#)

[Food preference could start in womb, research says – BBC \(13 May\)](#)

[Endometriosis: Small rise in birth defects is observed in babies born to women with the condition – BMJ \(13 May 2026\)](#)

[Obstetrician who pressured patient into a forceps delivery avoids suspension – BMJ \(12 May\)](#)

[Observatory to support delivery of new national programme targeting racism and discrimination in maternity and neonatal care - NHS Race & Health Observatory \(7 May\)](#)

[Photo series documents life on busy London maternity ward – BBC \(5 May\)](#)

[Dangerous baby-sleep advice given to parents by self-described experts, secret filming reveals – BBC \(5 May\)](#)

[MRI reveals how the placenta contracts during pregnancy – University of Nottingham \(29 April\)](#)

Briefings, Reports & Analysis:

Maternity services in England – House of Commons Library

This briefing gives an overview of women's experiences of maternity services in England, including disparities in the care received by women from minority ethnic groups. It provides details of investigations into maternity units at individual NHS trusts, the government-commissioned national maternity and neonatal investigation, and policies to improve care.

Maternity experience survey 2025: national qualitative report – NHS England

The focus of this report is on the 2025 NHS Maternity survey, which gathered feedback from patients about their experiences of care provided before giving birth (antenatal care), during labour and delivery, and up to 8 weeks following birth (postnatal care). A total of 16,755 people responded to the survey during April to July 2025.

Review of the effectiveness of the UK infectious diseases in pregnancy screening programmes – UK National Screening Committee

The aim of this review is to assess the effectiveness of the policy for population screening for HIV, hepatitis B and syphilis in pregnant women by reviewing the Infectious Diseases in Pregnancy Screening (IDPS) programmes across the UK using available data from 2000 to 2024.

DynaMed Topic Updates: (NHS OPENATHENS LOGIN required to access DynaMed topics)

Caesarean birth: Nonclosure of the endometrial layer during uterine closure might reduce risk of intermenstrual bleeding and uterine scar defect in patients having cesarean birth. ([Obstet Gynecol 2025 Jun 12](#))

Hysteroscopy: Vaginal misoprostol dose of 100 mcg given 3 hours before hysteroscopy may not be as effective as 200 mcg for easing cervical entry ([Am J Obstet Gynecol 2025 Dec](#)).

Maternal morbidity and mortality: Ratio of pregnancy-related mortality to abortion-related mortality from 2018 to 2021 in the United States ranged from 52.9 to 105.2 compared to 14.7 from 1998 to 2005. ([JAMA Netw Open 2026 Jan 2](#))

Medication and drug exposure in pregnancy: Among pregnant patients with epilepsy, exposure to zonisamide, oxcarbazepine, or lamotrigine during the second half of pregnancy may increase the risk of intellectual disability in offspring. ([BMJ 2026 Mar 11](#))

Neuraxial labour analgesia: Epidural labor analgesia warmed to 37 degrees C (98.6 degrees F) may reduce epidural-related intrapartum maternal fever in adults ≥ 35 years old with term singleton pregnancy ([Anesth Analg 2026 Apr 6 early online](#)).

Placenta previa: In adults with placenta previa or low-lying placenta having cesarean delivery at ≥ 34 weeks gestation in China, the addition of prophylactic IV tranexamic acid to oxytocin may reduce the risk of postpartum hemorrhage (estimated blood loss $\geq 1,000$ mL or red cell transfusion within 2 days) without increasing risk of serious adverse event up to 6 weeks ([BMJ 2026 May 13](#)).

Postpartum management: Cryotherapy and transcutaneous electrical nerve stimulation may each reduce acute perineal pain after vaginal delivery ([J Pain 2026 Mar](#))

Preterm labour: In patients at increased risk of preterm delivery who received betamethasone at 24-36 weeks gestation, giving metformin around the time of betamethasone injection may improve maternal glycemic control and reduce the risk of neonatal hypoglycemia in infants born preterm ([JAMA Netw Open 2026 Jan 2](#)).

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