



Obstetrics & Gynaecology Evidence Update

(September 2026)

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Reviews, Systematic Reviews & Meta Analyses:

Transmasculine pregnancy—occurrence, associations, and outcomes: a quantitative systematic review [OPEN ACCESS]

Meads, C et al., Acta Obstetrica Et Gynecologica Scandinavica, September 2025 105(9), pp. 1646–1661
[\[ABSTRACT\]](#)

Immediate versus delayed postpartum and postabortion insertion of long-acting reversible contraception: an umbrella review [OPEN ACCESS]

Zhang, Y et al., BJOG: An International Journal of Obstetrics & Gynaecology, September 2026 133(10), pp. 1837–1848 [\[ABSTRACT\]](#)

Why the gap persists: a systematic review of sociocultural, clinical, and systemic factors driving maternal health disparities between black and white women in the United Kingdom [OPEN ACCESS]

Adeyemo S C et al., Cureus, 13 August 2026 18(8) [\[ABSTRACT\]](#)

Antenatal corticosteroids in gestational diabetes: a systematic review of glycemic response and management strategies [OPEN ACCESS]

Katz, A et al., Diabetes, Obesity & Metabolism, 9 September 2026 [\[ABSTRACT\]](#)

Chronic endometritis in women undergoing in vitro fertilization: diagnostic roles of hysteroscopy and endometrial biopsy and associations with reproductive outcomes -A systematic review and meta-analysis [OPEN ACCESS]

Mihoci, A.M et al., European Journal of Obstetrics and Gynecology and Reproductive Biology, 5 September 2026 327 [\[ABSTRACT\]](#)

Experiences of postnatal care and support among Black women and birthing people in the UK: systematic review and thematic synthesis [OPEN ACCESS]

Ashley, L et al., *Ethnicity & Health*, 9 September 2026 pp.1-23 [\[ABSTRACT\]](#)

Intravenous vs oral iron for treating iron deficiency anemia in pregnancy: a systematic review and meta-analysis [OPEN ACCESS]

Sales, S.K et al., *JAMA Network Open*, 1 September 2026 9(9), pp. e2630657 [\[ABSTRACT\]](#)

Maternal anemia and the risk of preterm birth: a meta-analysis [OPEN ACCESS]

Karimi P et al., *Journal of Maternal-Fetal and Neonatal Medicine*, 3 September 2026 39(1) [\[ABSTRACT\]](#)

Adverse pregnancy outcomes in women with atopic dermatitis: a systematic review and meta-analysis [NHS OPENATHENS LOGIN REQUIRED]

Liu, Wan-Yu et al., *Journal of the European Academy of Dermatology and Venereology*, 13 September 2026 [\[ABSTRACT\]](#)

Pregnancy safety of biologics in inflammatory bowel disease: a systematic review and network meta-analysis [OPEN ACCESS]

Huang, Chih-Wen et al., *Therapeutic Advances in Gastroenterology*, 3 September 2026 [\[ABSTRACT\]](#)

Adverse pregnancy outcomes and long-term cardiovascular disease risk [NHS OPENATHENS LOGIN REQUIRED]

Pabon, M.A et al., *The Lancet*, 30 August 2026 [\[ABSTRACT\]](#)

Randomised Trials & Observational Studies:

RCTS:

Intravenous ferric derisomaltose versus iron sucrose for treatment of iron deficiency anemia in pregnancy: a randomized, comparative trial [OPEN ACCESS]

Smith, S et al., *Journal of Obstetrics and Gynaecology Canada*, September 2026 48(9), pp. 103453 [\[ABSTRACT\]](#)

Trial of a maternal diet rich in eggs and peanuts to reduce infant allergy [NHS OPENATHENS LOGIN REQUIRED]

Palmer, D.J et al., *N Engl J Med*, 17 September 2026 395(11), pp. 1090–1099 [\[ABSTRACT\]](#)

Observational Studies:

Neonatal outcomes following antenatal corticosteroid administration before planned caesarean birth at late preterm or early term (36–38 weeks' gestation): a retrospective cohort study [NHS OPENATHENS LOGIN REQUIRED]

Kassie, G.M et al., *Archives of Disease in Childhood - Fetal and Neonatal Edition*, 1 September 2026 [\[ABSTRACT\]](#)

Antenatal magnesium sulphate for neuroprotection of preterm babies: data analysis of inequities in treatment in England 2014 to 2024 [OPEN ACCESS]

Edwards, H.B et al., *BMJ Open Quality*, 7 September 2026 15(3), pp. e004143 [\[ABSTRACT\]](#)

Fetal exposure to paracetamol is associated with altered markers of ovarian development and reduced uterine volume in girls: the COPANA study [OPEN ACCESS]

Fischer, M.B et al., *Human Reproduction Open* 2026, 8 September 2026 (3) [\[ABSTRACT\]](#)

Is in-vitro fertilization a risk factor for perinatal morbidity in late term pregnancies beyond 41 weeks of gestation? A comparative retrospective study [OPEN ACCESS]

Louis, A et al., *Journal of Gynecology Obstetrics and Human Reproduction*, 12 September 2026 103282 [\[ABSTRACT\]](#)

Reproductive safety of direct oral anticoagulants after maternal exposure in early pregnancy: a comparative ENTIS cohort study

Dao, K et al., Journal of Thrombosis & Haemostasis, 15 September 2026 [\[ABSTRACT\]](#)

Timing of external cephalic version at term: a cohort study [OPEN ACCESS]

Yossef, F et al., Medicine, 11 September 2026 105(37), pp. e50569 [\[ABSTRACT\]](#)

Hospital readmissions and blood pressure management in the early postpartum period following hypertensive disorders of pregnancy

Moran, C et al., Pregnancy Hypertension, 20 September 2026 46, pp. 101518 [\[ABSTRACT\]](#)

Medication use during pregnancy and pregnancy outcomes in women with immune mediated inflammatory diseases: a UK-based matched cohort study [OPEN ACCESS]

Charlton R et al., Rheumatology, 1 August 2026 65(8) [\[ABSTRACT\]](#)

Obstetric Ultrasound:

Internal consistency of the Hadlock Estimated Fetal Weight Reference: methodological analysis [OPEN ACCESS]

Adu-Bredu, T et al. BJOG: An International Journal of Obstetrics & Gynaecology, 30 June 2026 [\[ABSTRACT\]](#)

Low maternal serum PAPP-A (< 0.3 MoM) at first trimester screening and fetal malformations in euploid fetuses [NHS OPENATHENS LOGIN REQUIRED]

Bosco, M et al., Journal of Clinical Ultrasound, 9 September 2026 [\[ABSTRACT\]](#)

Real-time gestational-age estimation at 11-13 weeks using artificial intelligence on non-targeted ultrasound sweeps [OPEN ACCESS]

Eisenkolb, G et al., Ultrasound in Obstetrics & Gynecology, 14 September 2026 [\[ABSTRACT\]](#)

Midwifery:

Informed consent for induction of labour: a service evaluation of a trichotomy of voices [NHS OPENATHENS LOGIN REQUIRED]

Felicity, G et al., British Journal of Midwifery, September 2026 34(9), pp. 488–495 [\[ABSTRACT\]](#)

Patient safety culture in hospital maternity care: an integrative review of midwives and nurses [NHS OPENATHENS LOGIN REQUIRED]

Hassan Nor, A.H et al., British Journal of Midwifery, September 2026 34(9), pp. 506–518 [\[ABSTRACT\]](#)

Top 10 priorities for midwifery practice and maternity care research in the UK: findings from the James Lind Alliance priority setting partnership [OPEN ACCESS]

Field, J et al., BMJ Open, 21 September 2026 16(9), pp. e122546 [\[ABSTRACT\]](#)

Perineal trauma and obstetric anal sphincter injuries (OASIs) in the United Kingdom: National trends and practice changes over a decade [NHS OPENATHENS LOGIN REQUIRED]

Okeahialam, N.A et al., International Urogynecology Journal, 19 August 2026 [\[ABSTRACT\]](#)

Breastfeeding and Lactation:

Effect of brewers' yeast or beta-glucan derived from *Saccharomyces cerevisiae* on breast milk supply following preterm birth: the BLOOM randomised controlled trial [NHS OPENATHENS LOGIN REQUIRED]

Grzeskowiak, L et al., Archives of Disease in Childhood - Fetal and Neonatal Edition, 1 September 2026 [\[ABSTRACT\]](#)

The association between cumulative stressful life events and breastfeeding outcomes in the United Kingdom: The modifying roles of pregnancy intention and social support

Obioha, C.U., Breastfeeding Medicine: The Official Journal of the Academy of Breastfeeding Medicine, 25 September 2026 [\[ABSTRACT\]](#)

Lactation as a targeted intervention for hypertensive disorders in pregnancy: understanding the cardioprotective relationship

Hoyt-Austin, A. Schwarz, E.B., Expert Review of Cardiovascular Therapy, 15 September 2026 [\[ABSTRACT\]](#)

New & Updated Cochrane Reviews

Maternal, Newborn and Child Health:

Magnesium sulphate for women at risk of preterm birth for neuroprotection of the fetus

Emily S Shepherd; Shona Goldsmith; Lex W Doyle; Philippa Middleton; Stephane Marret; Dwight J Rouse et al

Gynaecology:

Long-term hormone therapy for perimenopausal and postmenopausal women

Magdalena Bofill Rodriguez; Li Ning Yong; Sanja Mirkov; Christine Bekos; Anne Lethaby; Cindy Farquhar

Progesterone receptor modulators for endometriosis

Alexandros Loukas Grammatidis; Tatjana Gibbons; Eberechi N Anucha; Christian M Becker

Reproductive and Sexual Health:

Mifepristone versus other interventions for the prevention of pregnancy in reproductive-age women using emergency contraception

Shaalini Ramandhan; Alison Edelman; Yan Che; Robin A Paynter; Alyssa Hersh; Jillian T Henderson

Cochrane Clinical Answers:

In pregnant women with hypertensive disorders between 34 weeks' gestation and term, does planned delivery improve maternal and neonatal outcomes compared with expectant management?

For pregnant women at ≥ 34 weeks' gestation with hypertensive disorders of pregnancy, planned early delivery reduces a composite outcome of maternal mortality and severe maternal morbidity, and probably reduces the risk of stillbirth, compared with expectant management, without increasing the risk of cesarean section. Results for other outcomes are less clear, partly due to low event rates and underpowered analyses.

What are the benefits and harms of vitamin D supplementation during pregnancy, early childhood, or both for preventing acute respiratory infections (ARIs) in children?

Vitamin D supplementation during pregnancy and early childhood may offer a modest benefit in reducing ARIs in children. Available evidence has not identified an increased risk of toxicity, and higher doses do not appear to provide additional protection. Although the overall evidence remains limited, vitamin D supplementation in these populations may be a reasonable strategy to help lower the risk of childhood respiratory infections.

For adults with endometriosis-associated pain, how do depot progestogens compare with other hormonal treatments, including gonadotropin-releasing hormone (GnRH) agonists, GnRH antagonists, or the etonogestrel implant?

For adults with endometriosis-associated pain, depot progestogens may have broadly similar effectiveness to GnRH agonists and GnRH antagonists. However, depot progestogens are probably associated with a higher risk of adverse effects than GnRH antagonists, but a lower risk than GnRH agonists. Very limited evidence prevents any conclusions about depot progestogens compared with the etonogestrel implant.

For adults with endometriosis-associated pain, what are the benefits and harms of daily oral progestogens compared with gonadotropin-releasing hormone (GnRH) agonists?

Since oral progestogens and GnRH agonists may have broadly similar effects on endometriosis-associated pain, treatment choice should be guided by individual preferences, tolerability, and potential differences in side-effect profiles.

For adults with endometriosis-associated pain, what are the benefits and harms of daily oral progestogens compared with placebo?

Oral progestogens can likely help adults with endometriosis-associated pain, but treatment decisions should be guided by patient preferences, tolerability, and contraceptive needs.

For adults with endometriosis-associated pain, what are the benefits and harms of daily oral progestogens compared with daily oral contraceptives?

The available evidence, although limited, appears broadly consistent with current guidelines, which tend to support both oral progestogens and oral contraceptives for endometriosis-associated pain in adults, without a clear preference for either option. Treatment choice may be guided by individual preferences, tolerability, contraceptive needs, and potential differences in side-effect profiles.

Practice Guidelines & Consensus:

Placenta praevia and placenta accreta spectrum: diagnosis and management: Green-top guideline No.27a [OPEN ACCESS]

Royal College of Obstetricians, and Gynaecologists et al., BJOG: An International Journal of Obstetrics & Gynaecology, September 2026 133(10), pp. e93–e128

Shoulder Dystocia: Green-top guideline No.42 [OPEN ACCESS]

Royal College of Obstetricians, and Gynaecologists et al., BJOG: An International Journal of Obstetrics & Gynaecology, 27 August 2026

Good practice recommendations on spontaneous preterm birth

Dehaene, I et al., European Journal of Obstetrics, Gynecology, & Reproductive Biology, 22 August 2026 326, pp. 115389 [\[ABSTRACT\]](#)

A blueprint of an integrated cardio-obstetric care pathway for women with intermediate- to high-risk cardiovascular disease in pregnancy and postpartum

Vanharen, Y et al., European Journal of Obstetrics, Gynecology, & Reproductive Biology, 27 August 2026 327, pp. 115397 [\[ABSTRACT\]](#)

Guideline No. 468: Clinical management of endometriosis [OPEN ACCESS]

Yong, P.J., Journal of Obstetrics & Gynaecology Canada: JOGC, June 2026 48(6), pp. 103382 [\[ABSTRACT\]](#)

SOGC Clinical Practice Guideline No. 471: Alcohol and Pregnancy

Allen, V et al., Journal of Obstetrics & Gynaecology Canada: JOGC, 17 September 2026 48(10), pp. 103505 [\[ABSTRACT\]](#)

Menopausal hormone therapy and comprehensive postmenopausal care in gynecologic cancer survivors: A position paper from the FIGO Committee on Women at Menopausal Age [OPEN ACCESS]

da Silva-Filho, A.L et al., International Journal of Gynecology & Obstetrics, September 2026 174(3), pp. 1151–1171 [\[ABSTRACT\]](#)

Hypertensive disorders of pregnancy and the risk for hypertension and cardiovascular and kidney disease. International Society of Hypertension position paper, endorsed by the World Hypertension League and European Society of Hypertension [NHS OPENATHENS LOGIN REQUIRED]

Jones, E.S.W et al., Journal of Hypertension, 31 August 2026 [\[ABSTRACT\]](#)

Society for Maternal-Fetal Medicine Special Statement: Checklist for initial management of amniotic fluid embolism—Updated 2026 [OPEN ACCESS]

Society for Maternal-Fetal Medicine (SMFM) et al., Pregnancy, September 2026 2(5), pp. e70364 [\[ABSTRACT\]](#)

Society for Maternal-Fetal Medicine Special Statement: Checklists for persons with sickle cell disease in pregnancy [OPEN ACCESS]

Society for Maternal-Fetal Medicine (SMFM) et al., Pregnancy, September 2026 2(5), pp. e70365 [\[ABSTRACT\]](#)

News, Briefings, Reports & Analysis:

News:

[WHO to update the recommendations on criteria and diagnosis of hyperglycaemia in pregnancy](#) – WHO (25 September)

[New UK support to help millions of women gain greater choice over pregnancy and access better maternal healthcare](#) – Foreign, Commonwealth and Development Office (24 September)

[Trust at centre of police investigation is sorry for “accidental loss” of maternity data](#) - BMJ (23 September)

[“No one should have to fight for time to grieve” - New rights for family bereavement and pregnancy loss](#) – Department for Business, Innovation and Trade (22 September)

[Lib Dems call for one-to-one midwife care during childbirth](#) – BBC (21 September)

[Mifepristone more effective than other common emergency contraception methods](#) – Cochrane (21 September)

[An estimated 20,000 disclosures of domestic abuse are made to maternity services in England every year](#) – For Baby's Sake Trust (21 September)

[NHS leaders ask for staff views on improving maternity and neonatal care](#) – Nursing Times (21 September)

[NICE recommends single saliva test to speed up diagnosis of endometriosis in primary care](#) – BMJ (16 September)

[Multiple health conditions before pregnancy linked to complication risks](#) – Nursing in Practice (16 September)

[RCOG reflects on the latest MBRRACE Saving Lives, Improving Mothers' Care report](#) – RCOG (15 September)

[Government to act on Thirlwall patient safety recommendations](#) – Department for Health and Social Care [15 September]

[Maternal cardiovascular inequalities widen with age](#) – European Medical Journal (14 September)

[Hospital maternity unit reopening date delayed](#) – BBC (14 September)

[Guideline on weight-loss drugs before and after pregnancy shows stark gaps in evidence](#) – Pulse (11 September)

[Maternal deaths report highlights link between safe staffing and safe maternity care](#) – RCM (10 September)

[New report first to outline economic impact of childbirth-related PTSD in the UK](#) – City St George's (10 September)

[Anaemia in pregnancy linked to differences in babies' brain development](#) – King's College London (8 September)

[RCOG aligns guidance on reducing the risk of venous thromboembolism during pregnancy with the Maternity Care Bundle](#) – RCOG (3 September)

[Pre-eclampsia discovery could lead to new test and treatments for at-risk pregnancies](#) – University of Cambridge (1 September)

Briefings, Reports & Analysis:

Maternity care: State of the nation report 2026 - MBRRACE-UK

This report from the Maternal, Newborn and Infant Clinical Outcome Review Programme, delivered by MBRRACE-UK, presents the latest findings and lessons learned regarding maternal deaths and severe maternal morbidity. The report focuses on haemorrhage, infection, neurological conditions, general medical and surgical disorders, and critical care, highlighting key areas for improving the safety and quality of maternity care across the UK and Ireland.

Counting the Cost of Birth Trauma: The Economic Impact of Postnatal PTSD – City St George's University of London

This briefing provides the first estimates of the economic costs associated with PTSD following birth in the UK, including healthcare utilisation and related outcomes for affected women. Its findings are drawn from a survey of women tracked throughout pregnancy and up to two years after birth that assessed mental health and health service use.

National learning report Learning from investigations where intrapartum care has been given at home – Maternity and Newborn Safety Investigations (MNSI) Programme

This national learning report sets out a number of areas in which care could be improved for women receiving intrapartum care at home. It provides a series of safety observations and prompts for NHS trusts on topics such as staffing availability, training and guidance, and communications between different care professionals.

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

Amniotic fluid embolism: Platelet transfusion and fibrinogen administration may each reduce mortality in patients with amniotic fluid embolism ([J Obstet Gynaecol Res 2026 Jan](#)).

Various preoperative comorbidities (including fluid and electrolyte disorders, coagulopathy, pulmonary circulation disorders, congestive heart failure, weight loss, and chronic blood loss anemia), as well as polyhydramnios and placental abruption, may each be associated with an increased risk of amniotic fluid embolism in female individuals having cesarean delivery ([BMC Pregnancy Childbirth 2025 Apr 11](#)).

Bacterial vaginosis: In pregnant patients at high risk for preterm labor and who have BV and abnormal vaginal flora, metronidazole, and clindamycin are associated with similar eradication rate and risk of preterm birth. ([Clin Microbiol Infect 2026 Jun 29 early online](#))

Covid-19 and pregnant patients: American College of Obstetricians and Gynecologists' (ACOG) update on COVID-19 vaccination considerations for obstetric-gynecologic care ([ACOG 2020 Dec, last updated 2026 Aug](#)).

Endometriosis: Society of Obstetricians and Gynaecologists of Canada (SOGC) recommendations for the medical management of endometriosis ([J Obstet Gynaecol Can 2026 Apr 24](#))

Ectopic pregnancy: In adults with a tubal ectopic pregnancy initially treated with methotrexate, baseline beta-hCG and ectopic mass size may help predict tubal rupture requiring surgical intervention ([Br J Hosp Med \(Lond\) 2026 Jul 24](#)).

Hypertensive disorders of pregnancy: Planned delivery after 34 weeks gestation may reduce the composite risk of maternal mortality and morbidity, and the risk of fetal death compared to expectant management in patients with hypertensive disorders beyond 34 weeks gestation. ([Cochrane Database Syst Rev 2026 May 21](#))

Intrauterine Device (IUD): Intrauterine anesthesia with lidocaine, mepivacaine, or levobupivacaine may reduce pain during and after levonorgestrel or copper IUD insertion ([Contraception 2026 Sep](#)).

Medication and drug exposure in pregnancy: Pregestational and early gestational exposure to glucagon-like peptide-1 receptor agonists may not reduce the risks of gestational diabetes, preterm birth, preeclampsia, and hypertensive disorder of pregnancy ([Obstet Gynecol 2026 Jul 2 early online](#)).

Menopause: Massage therapy may reduce menopausal symptoms, depression, anxiety, and fatigue in patients during or after menopause ([Complement Ther Med 2026 Jun](#)).

Placenta accreta: Royal College of Obstetricians and Gynaecologists (RCOG) guideline update on diagnosis and management of placenta praevia and placenta accreta spectrum ([BJOG 2026 Sep](#))

Postpartum haemorrhage: A 6-hour duration of intrauterine balloon tamponade may be as effective as 18 hours for postinsertion blood loss in adults with postpartum hemorrhage due to uterine atony after vaginal delivery ([Obstet Gynecol 2026 Jul 1](#)).

Uterine leiomyoma: Linzagolix is as effective as leuporelin for reducing menstrual bleeding in adults ≥ 20 years old with uterine leiomyoma and heavy menstrual bleeding ([Hum Reprod 2026 Sep 1](#)).

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