

# ABCDEFGHIJ

ALSO SCANDINAVIA

ALSO

- A**
  - A**dress the patient
  - A**sk for help
  - A**bdominal palpation
  - A**nesthesia adequate?
- B**
  - B**ladder empty
- C**
  - C**ervix fully dilated
  - C**ontractions?
- D**
  - D**etermine position
  - D**ystocia

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**E**      **E**quipment and **E**xtractor  
ready

**F**      Apply cup in front of  
posterior **F**ontanel  
**F**lexion point  
**F**eel for tissue

**G**      **G**entle traction  
**G**ive perineal support

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**H** Halt after contraction

**Halt if:**

- disengagement 3 times
- no progress in 3 consecutive pulls
- 20 minutes have passed since procedure started

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**I** Evaluate for **I**ncision

**J** Remove vacuum when **J**aw  
reachable