

## Bölüm 7

# POSTTERM GEBELİKLERDE DOĞUMUN BAŞLATILMASI İÇİN KULLANILAN GELENEKSEL VE TAMAMLAYICI YÖNTEMLER

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### GİRİŞ

Doğumun başlatılma endikasyonlarından biri olan postterm gebelik, son adet tarihine göre 42. gebelik haftasına ulaşan (294 gün) veya bu süreyi aşan gebelik olarak tanımlanmaktadır (1,2). Postterm gebeliğin görülme sıklığı, bölgelerin doğum indüksiyonu politikalarındaki farklılıklar ve son adet tarihinin her zaman bilinmemesi gibi nedenlerle toplumlar arasında değişkenlik göstermekte (3), genel olarak tüm gebeliklerin %4-10'unu kapsamaktadır (4). Etiyolojisi tam olarak bilinmeyen postterm gebelik genellikle plasental sülfataz eksikliği ve anensefali gibi fetal hastalıklar ile ilişkilendirilmektedir (1). Bununla birlikte primiparite, daha önce postterm gebelik geçirme, erkek fetüs, obezite, hormonal faktörler ve genetik yatkınlık risk faktörleri arasında sayılmaktadır (4-7).

Postterm gebelik; fetal distres, amniyotik sıvının mekonyumla boyanması, sezaryen, intrauterin fetal ölüm ve neonatal ölüm için bir risk faktörüdür (8). Postterm gebeliğe hangi aşamada

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