

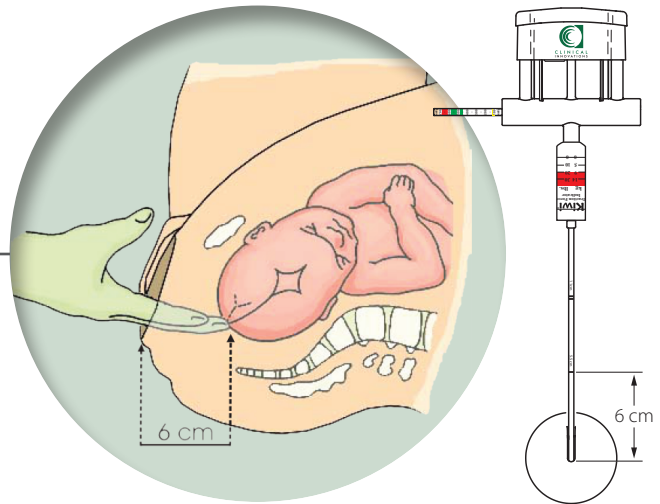
5-Step Vacuum Technique

Courtesy of Vacca A. *Handbook of Vacuum Delivery in Obstetric Practice*, 3rd Ed.

1 Locate Flexion Point, Calculate Cup Insertion Distance

Refer to reverse side for more information.

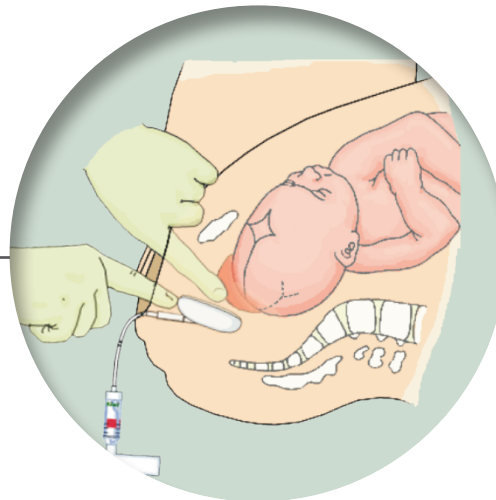
1



2 Hold & Insert the Cup

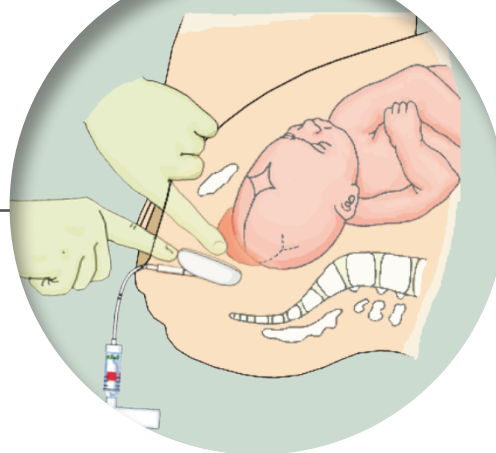
Best Practice – Insert with groove at 12 o'clock

2



3 Maneuver Cup Toward and Over Flexion Point

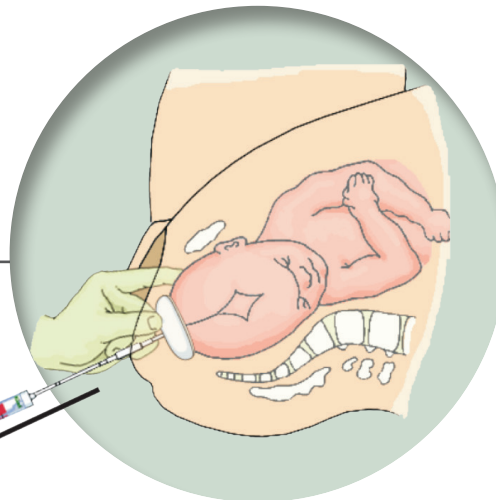
3



4 Create Vacuum and Exclude Maternal Tissue

Best Practice: 600mmHg

4



5 Using Finger Tip Traction and Finger/Thumb Technique, Pull Along Axis of the Pelvis

5

