

VARIATION OF NORMAL: NUCHAL CORD (UMBILICAL CORD AROUND THE NECK)

What is it?

- Babies is born with the umbilical cord looped around the neck
 - In my search for incidence I found the following statistics. Occurs in:
 - 6.85% of births
 - 20-30% of births
 - 10-29% of births
 - OBs and midwives describe the circumstance as “common”

What's the risk?

- Cord compression, compromising baby's oxygen supply
- Cord too short to let baby descend

How is it treated/handled?

- Most of the time, the caregiver simply "un-loops" the cord by hooking the cord on a finger and slipping it over baby's head
- Baby can somersault to accommodate short cord
- Sometimes, it is clamped and cut before delivery

What can I do to avoid/prepare?

Nothing. The old wives' tale about not reaching over your head isn't true!