How to Insert Mityvac Cups

Bend the stem of the M-Style® Mushroom® Cup.

Squeeze the edges of the MitySoft® Bell Cup.

Cup Placement

Place cup along Median Flexion Point, 2-3cm anterior to the posterior fontanelle.

Arc-of-Delivery

The Mityvac system’s cup, with semi-rigid stem, provides the tactile feedback that enables you to determine that you are in the arc-of-delivery.

1. **Mid Pelvis:** During vacuum assist delivery, the clinician should trace an arc with the stem of the vacuum cup. If the infant’s head is not yet crowning, begin with the stem directed toward the floor to bring the infant’s head under the symphysis pubis. Note: The vacuum cup’s semi-rigid stem acts as a feedback mechanism. The clinician should adjust the arc-of-delivery to avoid bending the stem and minimizing “pop-offs.”

2. **Pelvic Floor:** As the infant’s head comes under the symphysis pubis and reaches the pelvic floor, the clinician should begin to elevate the stem slightly. At this point, the infant’s shoulders are entering the pelvic inlet. As the infant’s head follows the sacral curvature, the neck begins to extend. This causes the stem of the vacuum cup to rise. The clinician should adjust the arc-of-delivery to follow this extension, and minimize “pop-offs.”

3. **Outlet:** As the head begins to crown, the stem is progressively elevated, following the natural neck extension through the curve of the sacrum.

4. **Crowning and Delivery:** The vacuum cup’s stem is further elevated toward the ceiling as the infant’s forehead and face appear. Vacuum should be released and the cup removed once the infant’s head is completely delivered.

For more information contact:

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