	P03.1 – BIMANUAL UTERINE COMPRESSION	
	Version date: 2025-03-27	Effective date: 2025-04-30 (07:00)
ACP ONLY		

INDICATIONS

- Significant post-partum hemorrhage with a uterus that is not contracting after fundal massage and oxytocin administration

WARNINGS

ABSOLUTE CONTRAINDICATIONS:

- Uterine inversion

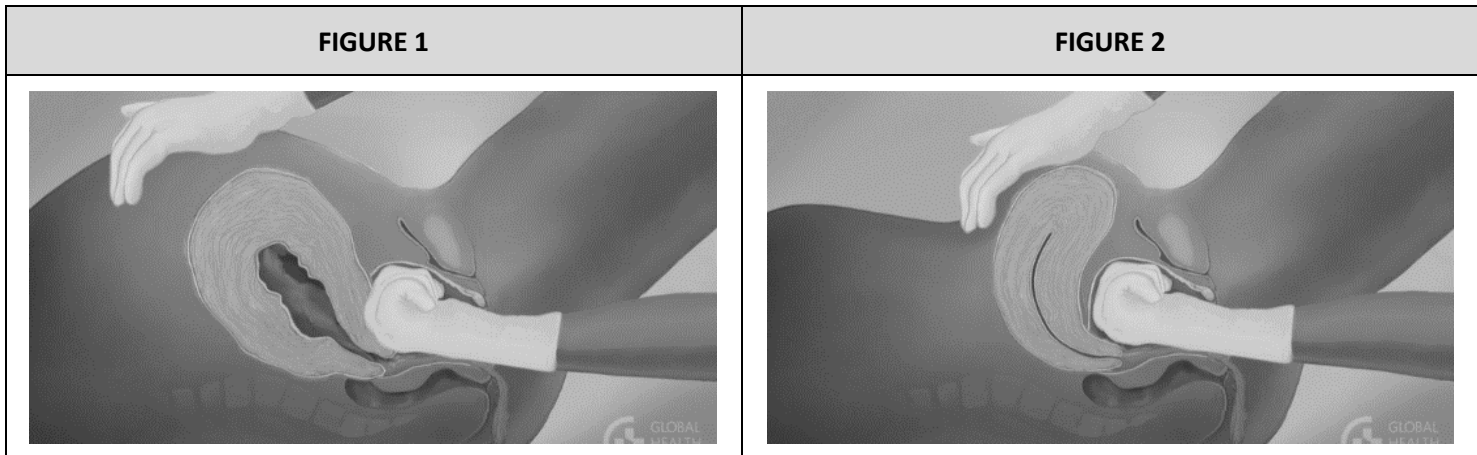
EQUIPMENT

- Personnel protective equipment (PPE)
- Obstetrical kit



PROCEDURE

1. Have the patient attempt to empty their bladder.
2. Perform hand hygiene and don PPE.
3. Flatten your hand by putting your thumb in your palm and your fingers together.
4. Gently, yet firmly, insert your hand into the vagina (avoid inserting into the uterus).
5. Make a fist with the internal hand (figure 1).
6. Place your external hand on the patient's abdomen and fold the uterus forward.
7. Apply pressure to the uterus between your external hand and internal fist for at a minimum of 5 minutes (figure 2).
8. As the uterus starts to contract and the bleeding stops, slowly and gently, release your fist.
9. Slowly remove your hand from the vagina, bringing out any clots that have formed on your hand
10. Continue with uterine fundal massage to further stimulate the uterus to contract.

11. Remove and discard your PPE. Repeat hand hygiene.



LINKS
<ul style="list-style-type: none">• D08.1 - Postpartum Hemorrhage• P03.1 - Uterine Fundal Massage

APPROVED BY	
	
EMS Medical Director	Associate EMS Medical Director

VERSION CHANGES (refer to X09 for change tracking)
<ul style="list-style-type: none">• New