

PRESS RELEASE

Study highlights success and challenges of induction of labour in twin pregnancies

(Hong Kong, 12 February 2025) – **The global incidence of twin births is on the rise, largely driven by the increased use of assisted reproductive technologies. While caesarean sections are commonly performed, they pose risks for mothers and babies. For carefully selected twin pregnancies, vaginal delivery remains a safe and viable option. A study led by doctors from Kwong Wah Hospital, which investigated the efficacy and outcomes of induction of labour in twin pregnancies compared to singleton pregnancies, shows that about three quarters of twin pregnancy patients achieved successful vaginal deliveries despite a higher induction failure rate. The study results were published in the *Hong Kong Medical Journal*.**

This retrospective matched case-matched study analysed data from 160 women with twin pregnancies who underwent induction of labour in Hong Kong between 2012 and 2020. Each case was matched one-to-one with a singleton pregnancy based on similar clinical characteristics. The primary focus was on the rate of failed induction of labour requiring caesarean section.

The findings revealed that caesarean section was performed in 26.3% of twin pregnancies, compared to 16.9% of singleton pregnancies undergoing induction of labour. The failure rate of induction of labour was higher among twin pregnancies. Only one case required caesarean section for the second twin after successful vaginal delivery of the first twin. Also, internal podalic version was required in 13.6% of cases for the vaginal delivery of the second twin.

The research team concluded that while the failure rate of induction of labour was higher in twin pregnancies than in singleton pregnancies, 73.8% of twin pregnancies achieved successful vaginal deliveries. The high success rate of labour induction in twin pregnancies offers a safe option for many mothers. The researchers emphasised the critical need for skilled obstetricians proficient in internal podalic version readily available to optimise outcomes during the delivery of the second twin. The study offers valuable information for obstetricians and mothers with twin pregnancies, particularly in predominantly Chinese populations.

The article “Success rate of induction of labour in twin pregnancies relative to singleton pregnancies in a predominantly Chinese population” was published in the *Hong Kong Medical Journal*.

<https://doi.org/10.12809/hkmj2311333>

新聞稿

研究探討雙胎妊娠中引產的成功率與挑戰

（香港，2025年2月12日） — 隨着輔助生殖技術廣泛應用，全球雙胞胎出生率正不斷上升。剖腹產是常見的分娩方式，但其對母嬰均存在一定風險。對於特定篩選的雙胎妊娠，陰道分娩是安全的選擇。廣華醫院的醫生團隊進行了一項研究，比較雙胎妊娠與單胎妊娠的引產成功率和結果，發現雖然雙胎妊娠的引產失敗率較高，但約有四分之三雙胎妊娠孕婦成功進行陰道分娩。研究結果已在《香港醫學雜誌》發表。

這項回顧性病例配對隊列研究分析了2012至2020年間在香港接受引產的160名雙胞胎孕婦的數據。每名雙胞胎孕婦均根據相似的臨床特徵與一名單胎孕婦配對。研究的主要目的是比較兩者引產失敗需進行剖腹產的比率。

研究發現，26.3%進行引產的雙胞胎孕婦需要剖腹產，而單胎孕婦則為16.9%。雙胞胎的引產失敗率高於單胎。只有一名雙胞胎孕婦在第一位胎兒成功經陰道分娩後，第二位胎兒需要剖腹產。另外，在進行第二位胎兒的陰道分娩時，13.6%孕婦須進行內臀位倒轉術。

研究團隊指出儘管雙胞胎的引產失敗率高於單胎，但仍有73.8%雙胞胎孕婦在引產後能成功進行陰道分娩。雙胞胎引產成功率仍然高，為孕婦提供一種安全的分娩方法。研究人員強調，在雙胞胎分娩過程中，需要具備能進行內臀位倒轉術的產科醫生在場，以提高第二位胎兒陰道分娩的成功率。該以華人為主的研究為產科醫生及雙胞胎孕婦提供了寶貴資訊。

詳細內容可參閱原文《華人為主的人口中雙胎妊娠與單胎妊娠引產成功率比較》。

###

Source: CK Wong, Catherine MW Hung, Vivian KS Ng, et al. Success rate of induction of labour in twin pregnancies relative to singleton pregnancies in a predominantly Chinese population. Hong Kong Med J 2025;31:Epub 12 Feb 2025. <https://doi.org/10.12809/hkmj2311333>.

Follow us:

