

OASI Diagnosis & Repair

Follow-Up in a Dedicated Clinic (where available) with Assessment of Anal Sphincter Structure & Function

Management Including Pelvic Health Physiotherapy

Subsequent Birth Counselling

Long-Term Recovery & Pelvic Floor Health

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www.ics.org/2026/abstract/702

Mobilizing the Evidence: Long-Term Management and Counselling Regarding Subsequent Mode of Delivery After Obstetric Anal Sphincter Injuries (OASIs)

Introduction: Obstetric anal sphincter injuries (OASIs) are associated with significant long-term physical, psychological, and quality-of-life morbidity. Variation in access to follow-up care and lack of standardized counselling contribute to inconsistent management and uncertainty regarding subsequent mode of delivery after OASI.

Objectives: Provide recommendations regarding long-term management for women with obstetric anal sphincter injuries (OASIs).

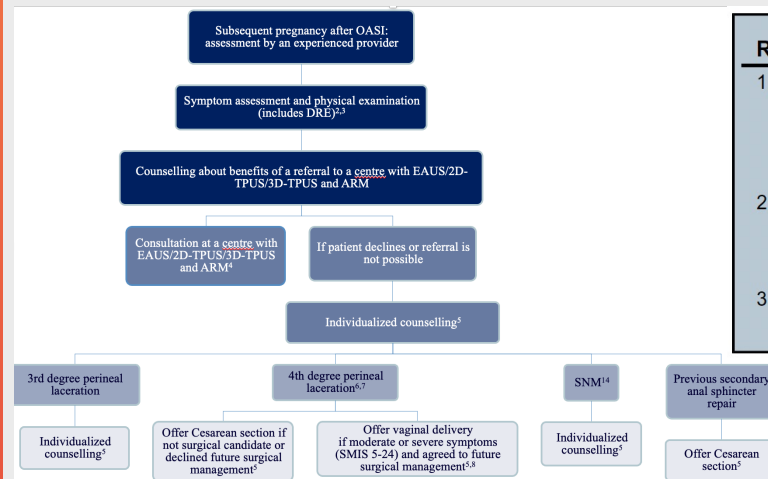
Results (Recommendations):

- Structured follow-up for all women with OASI
- Endoanal ultrasound and anorectal manometry
- Universal referral to pelvic health physiotherapy
- Algorithms support individualized counselling for subsequent mode of delivery (n=4),

Conclusion: Standardized, multidisciplinary long-term care after OASI may improve recovery, counselling consistency, and informed decision-making.

Flexible application of evidence-based recommendations and decision-support algorithms allows adaptation across resource settings.

Further research is needed to clarify long-term outcomes and optimize counselling regarding subsequent mode of delivery.



RECOMMENDED CHANGES IN PRACTICE

1. All postpartum women with a clinical diagnosis of obstetric anal sphincter injury and pregnant women with history of obstetric anal sphincter injury require an assessment by an experienced, or assessment in a dedicated clinic when feasible.
2. Counselling regarding subsequent mode of delivery after obstetric anal sphincter injury should incorporate the algorithms in this guideline as decision-support tools to facilitate informed, shared decision-making.
3. All postpartum women with an obstetric anal sphincter injury should be referred for pelvic health physiotherapy.