

Berkshire West Area Prescribing Committee Policy Statement

Drug Name	Elastolabo®
Indication under review	Perineal massage
Policy No:	APC 096
Date of Issue:	January 2015
Review Date:	January 2018
Policy Statement: Elastolabo® is NOT indicated for use in perineal massage during pregnancy.	
Traffic Light Status	Brown
Key Points considered:	
<ul style="list-style-type: none"> • Perineal massage is a particular massage technique that allows the perineal tissue to prepare for delivery, increasing elasticity and reducing resistance during distension. The massage is performed daily, starting usually from the beginning of the eighth month until the moment of delivery. An organic base oil such as sweet almond, olive or sunflower oil, is normally used as the massaging oil. • One small open label study looked at Elastolabo® however there was an absence of a comparator arm e.g. massage alone. • It was unclear whether the primary end point results were compared to statistical or epidemiological data recorded in northern and central Italy. • The APC determined the available evidence of efficacy is not robust and the use of this product within primary care could not be justified. • The use of this product was not endorsed by the midwifery team at Royal Berkshire Foundation Trust Hospital. 	
References:	
<ul style="list-style-type: none"> • Reggiardo G et al Multicentre, open label study to evaluate the efficacy and tolerability of a gel (Elastolabo) for the reduction of the incidence of perineal traumas during labour and related complications in the postpartum period Trends Med 2012 • Oxford Radcliffe Hospital's Perineal Massage – Information for Women. 	
Date taken to APC:	8 th January 2015
Date Ratified by MMC on Behalf of the Board:	21 st January 2015

Berkshire West Area Prescribing Policies serve as a guide to clinicians. This does not overrule the clinical or budgetary responsibility of clinicians when considering treatment for individual patients.

Brown	Green	Amber	Red
These drugs have been reviewed and are not considered a cost effective use of scarce NHS resources	Medicines suitable for routine use. Primary care prescribers take full responsibility for prescribing	Medicines that should be initiated by a specialist and can be continued in primary care under a shared care agreement.	Medicines which should be prescribed by specialists only