Objectives:
To compare maternal and neonatal complications associated with labour induction among pregnant women with normal body mass index and high body mass index.

Background: In Pakistan 37% of women of reproductive age are obese. Obesity increases the rate of induction of labour with higher chance of cesarean section (38.7% versus 23.8% respectively). This substantially increases labour complication blood loss and macrosomia babies.

This study addresses the association of obesity and failed induction in Pakistani population.

Materials and methods: It was a retrospective record review of 304 pregnant women (152 in each group). Women grouped into two BMI categories: normal weight (<24.9 kg/m²) as controls and high BMI (>25 kg/m²) as exposed group. Booked before 14 weeks of gestation admitted for induction of labour in a tertiary care hospital in Karachi, Pakistan. Data was collected from medical records regarding mode of delivery, intrapartum and postpartum complications and pregnancy outcome. SPSS 19 was used for analysis.

Results:
There were 4301 deliveries in a year and 880 (20%) pregnant women were induced. Induction was failed and C-section was done in 49 (32%) versus 40 (26%) among normal weight versus overweight and obese women but difference was not statistically significant (p-value 0.24). Duration of C-section and blood loss was also not significant. However, high BMI was found to be a significant predictor of perineal tear (p-value 0.001), excessive blood loss during vaginal delivery (p-value 0.02) and increased birth weight of baby (p-value 0.02).

In Conclusion: Induction of labour is safe and recommended for obese women.