

# Bishops Score

Before considering labour induction, you can determine your chances of a successful induction by scoring yourself using the Bishops Score table, below. A lower score can mean induction may be more difficult, longer, and will most likely be harder on you and your baby. It is suggested that your score be at least 9 for it to be successful.

Cervix	Score			
	0	1	2	3
Position	Posterior	Mid-position	Anterior	---
Consistency	Firm	Medium	Soft	---
Effacement	0-30%	40-50%	60-70%	>80%
Dilation	Closed	1-2cm	3-4cm	>5cm
Baby's Station	-3	-2	-1	+1, +2

## Further Bishops Score considerations:

- add 1 point to your score for:
  - Preeclampsia
  - Each prior vaginal birth
- Subtract 1 point from score for:
  - Postdates pregnancy
  - Nulliparity (if this is your first baby)
  - Premature or prolonged rupture of membranes