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Ex Utero Intrapartum Treatment (EXIT) Procedure: A Perspective from the Paediatric ORL Team in Malaysia

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Abstract

Ex Utero Intrapartum Treatment (EXIT) is indicated for pregnant women when a prenatal ultrasound suggests the possibility of airway obstruction or cardiopulmonary abnormalities that require immediate management to secure the fetus's airway while preserving uteroplacental circulation before complete delivery. Here, we present a case of a pregnant woman whose MRI revealed her fetus with a large left anterolateral solid-cystic cervical mass. She successfully underwent a cesarean section and an EXIT procedure for the fetus. The baby survived following timely intervention. The EXIT procedure is a surgical intervention that necessitates a multidisciplinary approach and careful consideration before making a final decision, taking into account the patient's condition, the availability of facilities, and the presence of relevant specialists in a developing country such as Malaysia. Developing a clear algorithm for managing patients who need the EXIT procedure is essential to anticipate potential complications when the patient's condition does not improve as expected. © Association of Otolaryngologists of India 2026.

Author keywords

Cervical mass; Ex utero intrapartum treatment; Magnetic resonance imaging; Multidisciplinary approach; Prenatal ultrasound

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