**Appendix 2 Risks for pregnant women with raised BMI – insert in AN notes**

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| EDD |  | Previous deliveries |  | BMI booking |  |
| Gestation today |  | Other risk factors |  | BMI today |  |
| Age pt |  |  |  | BMI 36/40 |  |

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| **Antenatal Risks** | **Intrapartum Risks** | **Postpartum risks** | **Recommended** |
| Increased risk miscarriage, fetal anomaly, and antenatal fetal death | Difficulty in monitoring baby | Increased risk serious blood clots in the legs or lungs | Aim not to increase weightNeed to deliver in hospital |
| Increased risk large or small baby, difficulty to detection even on scan | Difficulty in insertion epidural / spinal. Difficulty in general anaesthetic | Increased risk Infections in the wound, in the womb or in the bladder. | Blood test and intravenous access in labourConsider early epidural |
| Increased risk high blood pressure and preeclampsia | Increased risk of lack of progress in labour and need for oxytocin drip | Increased risk of haematoma and wound breakdown | Baby monitor (CTG) if difficulty hearing baby and may need clip on baby’s head |
| Increased risk blood clots in legs or lungs, may need preventative injections before or after birth | Increased risk Instrumental delivery, Shoulder dystocia, emergency caesarean section |  | Antacids and minimal oral intake in labour if BMI>40 |
| Increased risk gestational diabetes | Increased risk stillbirth and neonatal death |  | Injection for delivery of placenta and low threshold for postnatal drip to contract womb |
| Increased risk other medical problems | Increased risk haemorrhage and transfusion |  | Postnatal heparin prophylaxis |
| Increased risk of failed induction of labour | Increased risk needing other methods to stop bleeding including hysterectomy |  | Place of labour – MLU / Pool / Labour ward |

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| **Plans****BMI>30** | Diet exercise discussed Refer PIMSAdvised no increase in weight | VTE risk assessed | 5mg Folic acid to 12/40Vitamin D 10mcg od | Aspirin 150mg daily until delivery | GTT 28/40 |
| **BMI>35** | Book for growth scans BMI>35 | Manual handling asst BMI>40 | Refer Anaes if BMI > 40 | Cons ANC 20 weeks |  |

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| I confirm that I have explained the above and answered any questions | Name of Dr/RM | Signature | Designation | Date |