



No17 ANTE NATAL CLINIC BOOKING FOR WOMEN WITH RAISED BMI

Measure weight, height and BMI for ALL women at booking

For all women use appropriate sized cuff for BP measurement and re- weigh in third trimester

For women with BMI > 30 at booking:

- Advise multivitamins that include 10mcg Vitamin D, prescribe 5mg Folic Acid
- Be aware fetal assessment of growth, liquor volume and presentation via abdominal palpation less accurate than in those with a lower BMI. If any concerns consider referral for scan
- Explain the risks of raised BMI for antenatal, intrapartum and postnatal care and document discussion.
- Create individualised birth plan to include appropriate place of birth and consider manual handling needs

BMI 30 -34.9

- Arrange GTT at 24-28 weeks
- Risk assess for Thromboprophylaxis and Aspirin
- If no other risks can continue community care (midwifery led care)

BMI 35- 39.9

- Arrange GTT at 24-28 weeks
 - Risk assess for Thromboprophylaxis and Aspirin
- ALSO INCLUDE**
- Consider place of birth dependent on parity and presence of other risk factors
 - Serial scans as per trust policy
 - Signpost to weight management services (if not already accessed) and/or discuss benefits of weight loss/ minimal weight gain and exercise

BMI ≥ 40

- Arrange GTT at 24-28 weeks
 - Risk assess for Thromboprophylaxis and Aspirin
- ALSO INCLUDE**
- Birth on obstetric unit
 - Refer to anaesthetic team antenatally and inform of admission when on labour ward
 - Consider equipment required
 - Consider consultant review