

CLINICAL GUIDELINES ID TAG		
Title	Obesity in pregnancy guideline/ Checklist	
Author:	Dr Katharine Loane	
Designation:	Consultant O&G	
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Obesity in pregnancy guideline

At booking

- **Commence the overweight in pregnancy checklist**

For all women with a **booking BMI of 30 or more** the booking midwife should commence the checklist (page 5 & 6)

Note the BMI on the risk factors section in the antenatal notes and write 'use the overweight in pregnancy checklist' rather than listing all the components separately

- **Model of care**

Women with a booking BMI of 35 or more should have consultant led care and deliver in a consultant led unit. Women with a booking BMI of 50 or more or a booking weight of 120kg or more should not be booked in DHH. Women with a booking BMI over 35 should have serial assessment of fetal size by ultrasound

- **Information**

Give RCOG patient information leaflet 'Being overweight during pregnancy and after birth November 2018'

- **Weigh to healthy pregnancy**

If Booking BMI is 38 or more refer to the 'weigh to healthy pregnancy programme'

- **High dose folic acid**

if BMI 30 or more and not already prescribed folic acid 5mg give note to patient for GP to prescribe. This is recommended pre conceptually until the end of the first trimester

- **Vitamin D**

Recommend Vitamin D 10mcg daily throughout pregnancy and breastfeeding

- **Aspirin**

BMI 30 to 35 – complete aspirin checklist as for all pregnancies and complete letter to GP if aspirin 75mg is required.

BMI 35 or more - Women one additional risk factor (first pregnancy, maternal age over 40 years, family history of pre-eclampsia or multiple pregnancy) may benefit from taking 150 mg aspirin daily from 12 weeks of gestation until birth of the baby.

- **Complete VTE risk assessment.**

As for all pregnancies

- **Note BMI on the normality scan request form**

If BMI is 35 or more as images can be suboptimal and sometimes a repeat scan is required

- **Anaesthetic review**

Women with a booking BMI of 40 or more need an appointment at the next available obstetric anaesthetic clinic arranged at booking

- **Mental health screening**

Women with BMI 30 or more are at increased risk of mental health problems. All pregnant women are currently assessed using the Wooley question.

At 16 weeks

- Arrange GTT for between 24 and 28 weeks

At 34 weeks

- Confirm anaesthetic review has already occurred

- REWEIGH if booking BMI was over 35

If weight is over 130kg or BMI over 50 inform obstetrician at 34weeks visit to review plans regarding place of birth and whether further anaesthetic review is required

Elective induction of labour at term in obese women may reduce the chance of caesarean birth without increasing the risk of adverse outcomes; the option of induction should be discussed with each woman on an individual basis.

On arrival in delivery suite

- **Reweight** on admission to delivery suite
- If booking BMI was 40 or more inform the **anaesthetist** that the patient is in the labour ward
- Obtain **IV access** early
- Recommend **active management of third stage**
- Recommend **Breastfeeding**

Equipment information

DHH - the table in labour ward theatre takes 200kg. The main theatre table in DHH takes up to 191kg.

CAH – the labour ward theatre table takes 240kg

A long epidural needle (110mm) and a long spinal needle (119mm) are available on both delivery suites.

Abdominal wall retractors (Alexis O/Mobius) and Pico dressings are available for Caesarean sections.

Patient sticker

Overweight in pregnancy checklist
Consult full Obesity in pregnancy guideline.

Complete at booking

Booking BMI _____ Booking weight _____ kg

Planned place of delivery _____

BMI	Actions	Tick
30 or more	RCOG patient leaflet 'Being Overweight during pregnancy' given	
	Aspirin: not required / 75mg /150 mg (circle)	
	Vitamin D 10mcgs recommended throughout pregnancy and breastfeeding	
	Folic Acid 5mg daily recommended	
	Note BMI on risk factor section of antenatal chart and write 'use overweight in pregnancy checklist' as action	
35 or more	Change to Consultant Led Care	
	Write BMI onto 20 week ultrasound request form	
38 or more	Refer to Weigh To Healthy Pregnancy Programme	
40 or more	Refer to anaesthetic clinic	

Patient sticker

At 16 weeks

Action	tick
GTT booked for between 24 and 29weeks	

At 34 weeks

If booking BMI was 35 or more

Reweigh ____kg

Recalculate BMI_____

Any change to plans for
birth_____

On arrival in delivery suite

Actions	Tick
Reweigh: ____kg	
If booking BMI was 40 or more inform the anaesthetist that the patient is in the labour ward	
Obtain IV access early	
Active management of third stage agreed	
Breast feeding benefits discussed	
Where is the nearest suitable operating table if required_____	