



## 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
- Risk assess for 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