Antenatal Management of Obesity

Purpose: To assist OB providers managing women who are obese with respect to antenatal surveillance, management, timing of delivery and postpartum management.

Definition: Class I obesity BMI≥30-34.9 kg/m^2, Class II obesity BMI≥35-39.9 kg/m^2, Class III obesity BMI≥40 kg/m^2. NB: all BMI calculations are pre-pregnancy.

Recommendations:

Recommendation	Class I/II	Class III	BMI>60
ASA 162mg	**X**	**X**	**X**
Early anatomy at 16 weeks with MFM (TVUS)	**X**	**X**	**X**
Early ultrasound for accurate dating	**X**	**X**	**X**
Consider nutrition consult	**X**	**X**	**X**
Early screening for GDM, baseline preeclampsia labs and HgbA1c should be done at first prenatal visit	**X**	**X**	**X**
Maternal Echocardiogram	**X (with risk factors: cHTN/GDM)**	**X (with risk factors: cHTN/GDM)**	**X**
Detailed anatomy ultrasound at 18-24 weeks to screen for congenital anomalies. Use of msAFP can be used as an adjunct to screen for NTDs especially if ultrasound visualization is poor.	**X**	**X**	**X**
Pediatric Cardiology/MFM fetal echocardiography should be considered if detailed anatomy scan *cannot* adequately visualize: 4CH, RVOT/LVOT, 3VV and tracheal view.	**X**	**X**	**X**
Consider sleep apnea screening (STOPBANG questionnaire: https://www.mdcalc.com/stop-bang-score-obstructive-sleep-apnea)	**X**	**X**	**X**

Fetal growth assessment at 28 and 34 weeks	**X**	**X**	**X**
Start once weekly NSTs once a week at 36 weeks.		**X**	**X**
Anesthesia consult			**X**
Perioperative Antibiotics: Azithro + Ancef (3g if >120kg)	**X**	**X**	**X**
Delivery timing	**40w (39w with risk factors: LGA,GDM,poly)**	**39-40w**	**39-40w**
Consider wound vac placement postop		**X (with risk factors such as DM/chorio)**	**X**
Postop prophylactic Lovenox while inpatient	**X (with risk factors)**	**X**	**X**

References:

American College of Obsetetricians and Gynecologists. Practice Advisory on low-dose aspirin and prevention of preeclampsia: Updated recommendations. http://www.acog.org.

Wax et al. Consensus report on the detailed fetal anatomic ultrasound examination: indications, components and qualifications. J Ultrasound Med 2014;33:189-95.

Donofrio et al. Diagnosis and treatment of fetal cardiac disease: a scientific statement from the American Heart Association. Circulation 2014;129:2183.

Schuster M et al. The effect of the MFM obesity protocol on cesarean delivery rates. Am J Obstet Gynecol 2016;215:492e1-6.