

**Approvals:***Maternity Guidelines Group: Oct 2011/Apr 2012/May 2012/V2 Jul 2013/May 2014/V3 Feb 2017**Directorate Board: October 2013, V3 Feb 2017**Clinical Guidelines Subgroup: V2 Jan 2014, V3 Apr 2017**MSLC: Nov 2011/V2 Sep 2013, V3 Feb 2017**Equality Impact Assessment: Oct 2012**Patient Experience Group: V2 Feb 2014, V3 May 2017***Division of Women, Children & Sexual Health Services****How can I help reduce Healthcare Associated Infections?**

Infection control is important to the wellbeing of our patients, and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every clinical area before coming into and after leaving the clinical area or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

**[www.buckshealthcare.nhs.uk](http://www.buckshealthcare.nhs.uk)**  
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**Why being overweight in pregnancy matters****Patient Information Leaflet**

If you require a translation or alternative format of this leaflet please contact your Midwife

**Safe & compassionate care,**

**every time**

## What is the Body Mass Index? How will it affect my care?

At your booking visit your Midwife will calculate your body mass index (BMI) using your weight (kg) and your height (cm).

Using the BMI table (ask to see a copy if you would like one) your Midwife will recommend a plan of care and record this in your notes.

Your BMI at booking	Your Weight Status	Your Recommended Lead Professional
Below 18.5	Underweight	Consultant
18.5 - 24.9	Healthy Weight	Midwife
25.0 - 29.9	Overweight	Midwife
30.0 - 34.9	Obesity Class 1	Midwife However when re-weighed at 36 weeks if BMI is over 35 transfer to Consultant care
35.0 - 39.9	Obesity Class 2	Consultant However if second or subsequent baby, when re-weighed at 36 weeks if BMI <40 may be able to transfer back to Midwife led care for labour
Over 40	Obesity Class 3	Consultant and will need anaesthetic review

We continually strive to improve the quality of information given to patients. If you have any comments or suggestions regarding this information booklet, please contact:

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## Your BMI

If your BMI at booking is greater than 30, we recommend that you purchase a Vitamin D preparation which contains 10 micrograms (or 400 international units) and take one tablet every day. This is recommended because you are at greater risk of Vitamin D deficiency which can affect you and your baby. Please read our Vitamin D leaflet (WZZ1641) which is available on the Trust website (<http://www.buckshealthcare.nhs.uk/Downloads/Patient-leaflets-pregnancy-labour-and-postnatal-care/Vitamin%20D.pdf>)

Please Note: This leaflet explains some of the most common problems that some people may experience. However, it is not comprehensive. If you experience other problems and want to ask anything else related to your treatment please speak to your Community Midwife.

If your BMI is over 35 at booking you fall into a category of women who are at greater risk of developing complications in pregnancy than the general population. You will be offered specialist advice and guidance. If you are expecting your first baby it will be recommended you give birth in the Consultant Unit at Stoke Mandeville Hospital rather than at home or in a Midwife Led Unit. If it is your second or subsequent baby, your pregnancy is straightforward and you have given birth before vaginally you may be supported to plan birth in the Aylesbury Birth Centre.

If your BMI is 40 or above at any point in your pregnancy you will be offered an appointment with a Consultant Anaesthetist. He/she will offer you an examination to assess any risks for anaesthesia and discuss your options with you. This visit will include an assessment of any special equipment required e.g. a special mattress, as well as an assessment of your skin condition so that we can prevent the development of pressure sores and help you plan for a safer birth.

### **What are the complications and difficulties I am at risk of in pregnancy?**

You are at greater risk of developing high blood pressure. Your Midwife or doctor will check this at all antenatal visits. Sometimes additional blood and urine tests are required. You may be recommended to take aspirin 75 milligrams daily from the 12th week of your pregnancy.

If your BMI is over 30 at booking, you have a greater risk of developing diabetes in pregnancy. A glucose tolerance test (GTT) at 28 weeks gestation will be recommended to assess if you have developed this condition.

You are at greater risk of developing a blood clot (thrombosis) which can lead to serious complications. Depending on other risk factors, you may be given daily injections to prevent blood clots during your pregnancy and/or after the birth of your baby.

There can be difficulty assessing your baby's growth and you may need to have additional scans.

### How can I help myself during pregnancy?

**Healthy eating** - it is important to be careful with the size of portion you eat as well as snacks and how often you eat. We advise you to restrict the amount of starchy carbohydrates you eat (e.g. bread, potatoes, rice, pasta and products made from them) and cut down on high calorie fatty and sugary food and sugary drinks. Keep a food diary—keeping an accurate account of your daily food intake can help you avoid excessive calorie intake.

You do not need extra calories for the first two thirds of pregnancy, it is a myth that you are eating for two. It is only in the last 12 weeks that you need an extra 200 kilocalories a day (this equates to less than two slices of unbuttered bread).

If your BMI is more than 30 talk to your Midwife about referral for extra dietary advice and support. This can be offered for 12 weeks during pregnancy, free of charge.

**Exercise** - we recommend 30 minutes of moderate exercise a day e.g. brisk walking, swimming. However if you are not used to exercise then start with 15 minutes of continuous exercise 3 times a week and gradually increase to 30 minutes per day.

### Planning for labour and birth if you have a BMI over 35

Your BMI is recalculated when you are 36 weeks pregnant and your midwife will help you with your birth plan:

- We promote normal birth and we will encourage you to be active and mobile in labour.
- Monitoring your baby's heart beat in labour can be difficult. If we need to continuously monitor your baby's heartbeat it may be necessary to attach a small slip to your baby's head (fetal scalp electrode) to make the monitoring more accurate.

- If you plan to use the water pool it is essential that you can enter and exit the pool unaided and that the Midwife can easily listen to your baby's heartbeat.
- If this is your first baby you are at increased risk of complications in labour and a greater risk of requiring a Caesarean section.
- During labour you might be given a tablet to help reduce the acid contents in your stomach.
- You may be discouraged from eating in labour should an emergency caesarean section become necessary; however this recommendation is made on an individual basis.
- There is also an increased risk of bleeding after birth. We would recommend an injection to aid the delivery of the placenta. We may also give you a drip for up to 4 hours after the birth to ensure the risk of bleeding stays low.

### After your baby is born

- We will encourage early mobilisation and may advise the use of compression stockings to reduce your risk of blood clots, especially if you have had a Caesarean section. You may need to have daily injections to prevent blood clots after the birth.
- Breastfeeding has numerous health benefits to you and your baby and has been shown to reduce the likelihood of your child becoming obese. If you need support please speak to your Midwife.
- Following birth is an ideal time to consider weight reduction. If you would like help and advice on weight reduction, ask your GP who may be able to refer you to a Dietician or support group.