

1. BMI $\geq 30 \text{ kg/m}^2$ pre-pregnancy? **yes** ☐ **no** ☐
OR if unavailable, first BMI during pregnancy

2. Singleton, no known lethal anomalies? **yes** ☐ **no** ☐

If any 'no'



as patient is **not eligible**, but please lock this form in a secure place for the research team to collect

Name

CHECK ACCORDING TO THE CARE YOU OFFERED (NOT A PRIOR CLINIC)

Timing		Accepted with me	Declined with me	I Did Not Offer b/c...
T1	75g OGTT or 50g GCT (turn page over) (for undiagnosed diabetes before pregnancy)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> presented too late to me
	NT (provides accurate dating; offer up to 14 wks as a screen for heart defects – even if Down Syndrome screening declined – as higher incidence in obesity)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> presented too late to me
	BMI calculation from pre-pregnancy height and weight (turn page over) (for counselling women about pregnancy risks)	Advised <input type="checkbox"/>	Not Advised <input type="checkbox"/>	
	Counselling (turn page over) (about exercise, weight gain [$\frac{1}{2}$ pound/wk in T2 & T3], nutrition, food choices)	Advised <input type="checkbox"/>	Not Advised <input type="checkbox"/>	
	Advising (risk for medical complications such as cardiac disease, pulmonary disease, gestational hypertension, GDM)	Advised <input type="checkbox"/>	Not Advised <input type="checkbox"/>	
	Obstructive sleep apnea screen (turn page over) (if abnormal, consider sending for sleep apnea testing)	<input type="checkbox"/>	<input type="checkbox"/>	
	If Bariatric Surgery, suggest MFM referral	<input type="checkbox"/>	<input type="checkbox"/>	
T2	MS-AFP (ideally 15 wks but up to 20+ 6; higher rate spina bifida in obesity)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> presented too late to me
	Anatomy ultrasound (increased risk of heart defects & spina bifida)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> presented too late to me
	75g OGTT or 50 g GCT (turn page over) (for diagnosis of GDM)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> presented too late to me
T3	Consider consultation with anaesthesiology (increased anaesthetic challenges)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> anaesthesia prefer to see only highest BMI <input type="checkbox"/> other (specify) _____
	Consider ultrasound for growth & wellbeing (increased stillbirth & planning mode of birth)	<input type="checkbox"/>	<input type="checkbox"/>	
	Counselling (increased risk of operative vaginal delivery, shoulder dystocia, c/s, operative risk associated with c/s)	Advised <input type="checkbox"/>	Not Advised <input type="checkbox"/>	
	Discussion of breastfeeding (decrease in childhood obesity)	Advised <input type="checkbox"/>	Not Advised <input type="checkbox"/>	
Birth	Higher dose of antibiotic to prevent wound infection (3 g Ancef i.v. at c/s)	Given <input type="checkbox"/>	Not Given <input type="checkbox"/>	Don't know <input type="checkbox"/>
	DVT prophylaxis (turn page over) (evaluate the risk for each woman)	Given <input type="checkbox"/>	Not Given <input type="checkbox"/>	Contraindicated <input type="checkbox"/> Don't know <input type="checkbox"/>
Post-partum ~ 6 wks	Advise 1.0 mg folic acid preconception (SOGC 2015)	Advised <input type="checkbox"/>	Not Advised <input type="checkbox"/>	<input type="checkbox"/> Not seen postpartum
	Encourage healthiest weight possible	Advised <input type="checkbox"/>	Not Advised <input type="checkbox"/>	<input type="checkbox"/> Not seen postpartum
	If GDM +, advise 75g OGTT with Fam MD	Advised <input type="checkbox"/>	Not Advised <input type="checkbox"/>	<input type="checkbox"/> Not seen postpartum
	Advise appropriate contraception (Risks with Combined Hormonal Contraception increase with BMI>30. With BMI>35, alternatives, such as progestin-only methods, or expert consultation are suggested in the UK ^(UK MEC RCOG 2010) [but not in the US; Canadian guidelines are upcoming])	Advised <input type="checkbox"/>	Not Advised <input type="checkbox"/>	<input type="checkbox"/> Not seen postpartum

Legend: c/s=caesarean section; DVT=venous thromboembolism; GCT=glucose challenge test; GDM=gestational diabetes mellitus; MS-AFP=maternal serum alpha fetal protein; NT=nuchal translucency; T1=1st trimester; T2=2nd trimester; T3=3rd trimester

ABNORMAL CUT-OFF VALUES TEST FOR GESTATIONAL DIABETES

	2 step (CDA prefers)	1 step
GCT 50g	7.8 -11.0 mmol/L	<i>Do not do</i>
OGTT 75g (if 1 is high= gestational diabetes*→diet, +dietician)	fasting ≥ 5.3 mmol/L 1-hour ≥ 10.6 mmol/L 2-hour ≥ 9.0 mmol/L	≥ 5.1 ≥ 10.0 ≥ 8.5

*CDA Can J Diabetes 2013

Diagnosis of diabetes if: Any fasting glu ≥ 7.0 mmol/L,
2 hr glu ≥ 11.1 mmol/L, HbA1c ≥ 6.5%

TABLE OF RISK INCREASE (OBESE VS. NORMAL WEIGHT)

	Risk increase in obese vs. normal weight	Absolute risk in obese vs. normal weight
Congenital ♥ Defect	30% increase (1.3x)	1.3% vs. 1.0% [†]
GDM	200% increase (3x)	14.2% vs. 4.3% [‡]
PTB <33 wks	25% increase (1.25x)	2.8% vs. 2.5% [¶]
Stillbirth	180% increase (2.8x)	11.6% vs. 4.1% [‡]
Macrosomia	110% increase (2.1x)	11.2% vs. 5.6% [¶]
C/S-Obese	100% increase (2x)	16.7% vs. 10.9% [¶]
C/S-Severely Obese	190% increase (2.9x)	21.5% vs. 10.9% [¶]

Legend: GDM=gestational diabetes; PTB=preterm birth; C/S=caesarean section; †Brite Int J Obes 2014; ‡Bianco Obstet Gynecol 1998; ¶McDonald BMJ 2010; ‡Kristensen Int J Obes 2005; ¶Langer AJOG 2005; ¶Cedergren Obstet Gynecol 2004

BODY MASS INDEX (BMI) CHART FOR ADULTS

BMI ≥ 30 = Obese

Weight (lbs)	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265	270		
Weight (kgs)	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7	100	102.3	104.5	106.8	109.1	111.4	113.6	115.7	117.9	120.2	122.5		
5'0"	152.4	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	
5'1"	154.9	25	26	27	28	29	30	31	32	33	34	35	36	37	39	40	41	42	43	43	44	45	46	47	48	49	50	51	52	
5'2"	157.4	24	25	26	27	28	29	30	31	32	33	33	34	35	36	38	38	39	40	41	42	43	44	45	46	47	48	48	49	
5'3"	160.0	23	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	46	47	48	
5'4"	162.5	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37	38	39	39	40	41	42	43	44	45	46	47	
5'5"	165.1	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	36	37	37	38	39	40	41	42	42	43	44	45	
5'6"	167.6	21	23	23	24	25	25	26	27	28	29	29	30	31	32	33	34	35	36	36	37	38	39	40	40	41	42	43	44	
5'7"	170.1	21	22	23	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34	35	36	37	38	38	39	40	41	42	42	
5'8"	172.7	20	21	22	23	23	24	25	25	26	27	28	29	29	30	31	32	33	33	34	35	36	36	37	38	39	40	40	41	
5'9"	175.2	19	21	21	22	23	23	24	25	25	26	27	28	28	29	30	31	32	32	33	34	35	35	36	37	38	38	39	40	
5'10"	177.8	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30	31	32	32	33	34	34	35	36	37	37	38	39	
5'11"	180.3	18	19	20	21	21	22	23	23	24	25	25	26	27	28	29	29	30	31	31	32	33	33	34	35	36	36	37	38	
6'0"	182.8	18	19	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30	31	31	32	33	33	34	35	35	36	37	
6'1"	185.4	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30	30	31	32	32	33	34	34	35	36	
6'2"	187.9	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30	30	31	31	32	33	33	34	35	
6'3"	190.5	16	17	18	18	19	19	20	21	21	22	23	23	24	25	26	26	27	27	28	29	29	30	31	31	32	32	33	34	
6'4"	193.0	16	17	17	18	18	19	19	20	21	21	22	23	23	24	25	26	26	27	27	28	28	29	29	30	30	31	32	32	33
Height (in/cm)	Underweight				Normal Weight										Overweight										Obese					

For obese women,
5-9 kg is the total
recommended
weight gain is,
~ **½ pound/ week**
during the 2nd & 3rd
trimesters

The 300 additional
calories/day could
be achieved with:
3 glasses of milk
OR
3 pieces of fruit
OR
1 turkey sandwich
(no butter or
mayonnaise)

SCREEN FOR OBSTRUCTIVE SLEEP APNEA

Please circle Yes or No for each question you ask the woman.

QUESTION	ANSWER	
Do you Snore louder than talking or loud enough to be heard through a closed door	Yes	No
Do you often feel Tired, fatigued, or sleepy during daytime	Yes	No
Has anyone Observed you stop breathing during your sleep	Yes	No
Do you have or are being treated for high blood Pressure	Yes	No
BMI > 35 kg/m²	Yes	No
Age > 50 years	Yes	No
Neck circumference > 40 cm	Yes	No
increased risk for sleep apnea, could consider sleep study if ≥ 3 "yes"		

The above (STOP BANG) screen, is the one recommended by Respirioly at HHS outside of pregnancy (Chung et al 2008 p. 812 *Anesthesiology*). The positive predictive value is 33% for sleep apnea in pregnancy, but negative predictive value is 93%, and is one of the best of the screens in pregnancy. (Lockhart 2015 p.93, *Obstet Gynecol*)

DVT PROPHYLAXIS

Risk	Patient Types	Treatment/Prophylaxis
Low	All patients not considered moderate or high risk	Ambulation
Moderate	During antepartum consider tx if immobilization: >24 hours if additional significant co-morbidities [e.g. heart disease] During postpartum consider tx if: <ul style="list-style-type: none"> Immobilization: antepartum ≥ 1 wk, or postpartum >24 hrs (c/s or vaginal birth) BMI > 40 (c/s or vaginal birth) Pelvic infection requiring i.v. antibiotics (except chorioamnionitis) or sepsis (c/s or vaginal birth) Other significant medical co-morbidities (c/s or vaginal birth) Hemorrhage ≥ 1 L post c/s requiring re-operation or evacuation Emergency c/s 	Ambulation AND consider appropriate thrombosis prophylaxis: <ol style="list-style-type: none"> 1) LMWH if no contraindication; or 2) If contraindication to LMWH: pneumatic compression (moonboots)*; if unavailable TED stockings*; or 3) consult Thrombosis Service <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>If difficult or multiple attempts at epidural/spinal, consider consultation with anaesthesia before LMWH</p> </div>
High	During ante or postpartum: previous VTE, thrombophilia, Anticoagulation prior to admission, cancer (after c/s or vaginal birth)	Ambulation AND provide appropriate thrombosis prophylaxis: <ol style="list-style-type: none"> 1) LMWH if no contraindication; or 2) If contraindication to LMWH: pneumatic compression (moonboots)*; if unavailable TED stockings*; or 3) consult Thrombosis Service

Legend: *no data in pregnancy; *no data in pregnancy or the postpartum, c/s=caesarean section