Dr. Sarah D. McDonald, McMaster University [clinicaltrials.gov identifier: NCT02534051] Supplementary Information 2. Clinical carepath for obese pregnant women in a pilot cluster randomized controlled trial

<ol> <li>BMI ≥ 30 kg/m<sup>2</sup> pre-pregnancy?</li> <li>OR if unavailable, first BMI during pregnancy</li> </ol>	yes□ no□	Name
2. Singleton, no known lethal anomalies?	yes□ no□	
If any 'no	, STOP	
as patient is not eligible, but please lock this	form in a	
secure place for the research team to collect		
CHECK ACC	ORDING TO	THE CARE YOU OFFERED (NOT A PRIOR CLINIC

	CHECK ACCORDING TO THE CA	ARE 100 C	PFFERED	(NOT A PRIOR CLINIC)
Timing		Accepted with me	Declined with me	I Did Not Offer b/c
	75g OGTT or 50g GCT (turn page over) (for undiagnosed diabetes before pregnancy)			presented too late to me
	NT			presented too late to me
	(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)			
T1	BMI calculation from pre-pregnancy height and weight (turn page over) (for counselling women about pregnancy risks)	Advised	Not Advised	
''	Counselling (turn page over) (about exercise, weight gain [½ pound/wk in T2 & T3], nutrition, food choices)	Advised	Not Advised	
	Advising (risk for medical complications such as cardiac disease, pulmonary disease, gestational hypertension, GDM)	Advised	Not Advised	
	Obstructive sleep apnea screen (turn page over) (if abnormal, consider sending for sleep apnea testing)			
	If Bariatric Surgery, suggest MFM referral			
	MS-AFP (ideally 15 wks but up to 20+ 6; higher rate spina bifida in obesity)			presented too late to me
T2	Anatomy ultrasound (increased risk of heart defects & spina bifida)			presented too late to me
	75g OGTT or 50 g GCT (turn page over) (for diagnosis of GDM)			presented too late to me
	Consider consultation with anaesthesiology (increased anaesthetic challenges)			☐ anaesthesia prefer to see only highest BMI ☐ other (specify)
Т3	Consider ultrasound for growth & wellbeing (increased stillbirth & planning mode of birth)			
	Counselling (increased risk of operative vaginal delivery, shoulder dystocia, c/s, operative risk associated with c/s)	Advised	Not Advised	
	Discussion of breastfeeding (decrease in childhood obesity)	Advised	Not Advised	
Birth	Higher dose of antibiotic to prevent wound infection (3 g Ancef i.v. at c/s)	Given	Not Given	Don't know
Dirtii	<b>DVT prophylaxis (turn page over)</b> (evaluate the risk for each woman)	Given	Not Given	Contraindicated Don't know
	Advise 1.0 mg folic acid preconception (SOGC 2015)	Advised	Not Advised	☐ Not seen postpartum
	Encourage healthiest weight possible	Advised	Not Advised	☐ Not seen postpartum
Post- partum	If GDM +, advise 75g OGTT with Fam MD	Advised	Not Advised	☐ Not seen postpartum
~ 6 wks	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	Not Advised	□ Not seen postpartum

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

# ABNORMAL CUT-OFF VALUES TEST FOR GESTATIONAL DIABETES

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

\*CDA Can J Diabetes 2013

Diagnosis of diabetes if: Any fasting glu  $\geq$  7.0 mmol/L, 2 hr glu  $\geq$  11.1 mmol/L, HbA1c  $\geq$  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% <sup>*</sup>
GDM	200% increase (3x)	14.2% vs. 4.3% <sup>Σ</sup>
PTB <33 wks	25% increase (1.25x)	2.8% vs. 2.5% <sup>¥</sup>
Stillbirth	180% increase (2.8x)	11.6% vs. 4.1% <sup>£</sup>
Macrosomia	110% increase (2.1x)	11.2% vs. 5.6% <sup>Ω</sup>
C/S-Obese	100% increase (2x)	16.7% vs. 10.9%°
C/S-Severely Obese	190% increase (2.9x)	21.5% vs. 10.9% <sup>°°</sup>

**Legend:** GDM=gestational diabetes; PTB=preterm birth; C/S=caesarean section; '=Brite Int J Obes 2014; <sub>Σ</sub>=Bianco Obstet Gynecol 1998; ¥=McDonald BMJ 2010; <sub>Σ</sub>=Kristensen Int J Obes 2005; <sub>Ω</sub>=Langer AJOG 2005; ∞=Cedergren Obstet Gynecol 2004

# BODY MASS INDEX (BMI) CHART FOR ADULTS BMI ≥ 30 = Obese

| 245 250   | 5 240  | 235  | 230   | 225   | 220  
   
   | 215   
   
   | 210  | 205   | 200  | 195   | 190  | 185  | 180   
   | 175  | 170   | 165   | 160  | 155   | 150   
   | 145  | 140   | 135   | ht (lbs)   | Weig   |
|---|--|--|---|---
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---|--|---|--|---|--|--|---|--
---|---|--|---
---	--	---
111.4113.6	.8109.1	106.8
   
   | 97.7  
   
   | 95.5   | 93.2  | 90.9   | 88.6  | 86.4   | 84.1   | 81.8  
   | 79.5   | 77.3  | 75.0  | 72.7   | 70.5  | 68.2  
   | 65.9   | 63.6  | 61.4  | ht (kgs)   | Weig   |
| 48 49   | 47   | 46   | 45  | 44  | 43   
   
   | 42  
   
   | 41   | 40  | 39   | 38  | 37   | 36   | 35  
   | 34   | 33  | 32  | 31   | 30  | 29  
   | 28   | 27  | 26  | 152.4  | 5'0"   |
| 46 47   | 45   | 44   | 43  | 43  | 42   
   
   | 41  
   
   | 40   | 39  | 37   | 36  | 36   | 35   | 34  
   | 33   | 32  | 31  | 30   | 29  | 28  
   | 27   | 26  | 25  | 154.9  | 5'1"   |
| 45 46   | 44   | 43   | 42  | 41  | 40   
   
   | 39  
   
   | 38   | 38  | 36   | 35  | 34   | 33   | 33  
   | 32   | 31  | 30  | 29   | 28  | 27  
   | 26   | 25  | 24  | 157.4  | 5'2"   |
| 43 44   | 43   | 42   | 41  | 40  | 39   
   
   | 38  
   
   | 37   | 36  | 35   | 34  | 33   | 32   | 32  
   | 31   | 30  | 29  | 28   | 27  | 26  
   | 25   | 24  | 23  | 160.0  | 5'3"   |
| 42 43   | 41   | 40   | 39  | 39  | 38   
   
   | 37  
   
   | 36   | 35  | 34   | 33  | 32   | 31   | 31  
   | 30   | 29  | 28  | 27   | 26  | 25  
   | 24   | 24  | 23  | 162.5  | 5'4''  |
| 41 42   | 40   | 39   | 38  | 37  | 37   
   
   | 36  
   
   | 35   | 34  | 33   | 32  | 31   | 30   | 30  
   | 29   | 28  | 27  | 26   | 25  | 25  
   | 24   | 23  | 22  | 165.1  | 5'5"   |
| 40 40   | 39   | 38   | 37  | 36  | 36   
   
   | 35  
   
   | 34   | 33  | 32   | 31  | 30   | 29   | 29  
   | 28   | 27  | 26  | 25   | 25  | 24  
   | 23   | 23  | 21  | 167.6  | 5'6"   |
| 38 39   | 38   | 37   | 36  | 35  | 34   
   
   | 34  
   
   | 33   | 32  | 31   | 30  | 29   | 29   | 28  
   | 27   | 26  | 25  | 25   | 24  | 23  
   | 23   | 22  | 21  | 170.1  | 5'7"   |
| 37 38   | 36   | 36   | 35  | 34  | 33   
   
   | 33  
   
   | 32   | 31  | 30   | 29  | 29   | 28   | 27  
   | 26   | 25  | 25  | 24   | 23  | 23  
   | 22   | 21  | 20  | 172.7  | 5'8"   |
| 36 37   | 35   | 35   | 34  | 33  | 32   
   
   | 32  
   
   | 31   | 30  | 29   | 28  | 28   | 27   | 26  
   | 25   | 25  | 24  | 23   | 23  | 22  
   | 21   | 21  | 19  | 175.2  | 5'9"   |
| 35 36   | 34   | 34   | 33  | 32  | 32   
   
   | 31  
   
   | 30   | 29  | 28   | 28  | 27   | 26   | 25  
   | 25   | 24  | 23  | 23   | 22  | 21  
   | 21   | 20  | 19  | 177.8  | 5′10′′   |
| 34 35   | 33   | 33   | 32  | 31  | 31   
   
   | 30  
   
   | 29   | 29  | 28   | 27  | 26   | 25   | 25  
   | 24   | 23  | 23  | 22   | 21  | 21  
   | 20   | 19  | 18  | 180.3  | 5′11′′   |
| 33 34   | 33   | 32   | 31  | 31  | 30   
   
   | 29  
   
   | 28   | 28  | 27   | 26  | 25   | 25   | 24  
   | 23   | 23  | 22  | 21   | 21  | 20  
   | 19   | 19  | 18  | 182.8  | 6'0''  |
| 32 33   | . 32   | 31   | 30  | 30  | 29   
   
   | 28  
   
   | 28   | 27  | 26   | 25  | 25   | 24   | 23  
   | 23   | 22  | 21  | 21   | 20  | 19  
   | 19   | 18  | 17  | 185.4  | 6′1′′  |
| 31 32   | 31   | 30   | 30  | 29  | 28   
   
   | 28  
   
   | 27   | 26  | 25   | 25  | 24   | 23   | 23  
   | 22   | 21  | 21  | 20   | 19  | 19  
   | 18   | 18  | 17  | 187.9  | 6'2"   |
| 31 31   | 30   | 29   | 29  | 28  | 27   
   
   | 27  
   
   | 26   | 26  | 25   | 24  | 23   | 23   | 22  
   | 21   | 21  | 20  | 19   | 19  | 18  
   | 18   | 17  | 16  | 190.5  | 6'3"   |
| 30 30   | 29   | 29   | 28  | 27  | 27   
   
   | 26  
   
   | 26   |   | 1  | 23  | 23   | 22   | 21  
   | 21   | 20  | 19  | 19   | 18  | 18  
   | 17   | 17  | 16  | 193.0  | 6'4''  |
| 4   25   26   26   27   27   28   29   29   30   30   31   33<br>Overweight Obese |  |  |   |   |  
   
   | derweight Normal Weight   
   
   |  |   |  |   |  |  |   
   |  |   |   | _  |   |   
   |  |   |   |  |  |
| 9<br>7<br>6<br>4<br>3<br>2<br>0<br>9<br>8<br>7<br>6<br>5<br>4<br>3<br>2           | 48 4<br>46 4<br>45 4<br>42 4<br>41 4<br>40 4<br>38 3<br>37 3<br>36 3<br>35 3<br>34 3<br>32 3<br>31 3<br>31 3 | 47 48 4 45 46 4 44 45 4 41 42 4 40 41 4 39 40 4 38 38 3 36 37 3 35 36 3 34 35 3 33 34 3 33 33 3 32 32 32 3 31 31 3 | 46 47 48 4 44 45 46 4 43 44 45 4 42 43 43 4 40 41 42 4 39 40 41 4 38 39 40 4 37 38 38 3 36 36 37 3 35 35 36 3 34 34 35 3 33 33 34 3 32 33 33 3 31 32 32 3 30 31 31 3 29 30 31 3 | 45 46 47 48 4 43 44 45 46 4 42 43 44 45 4 41 42 43 43 4 39 40 41 42 4 38 39 40 41 4 37 38 39 40 4 36 37 38 38 3 35 36 36 37 3 34 35 35 36 3 33 34 34 35 3 32 33 33 34 3 31 32 33 33 3 30 31 32 32 3 30 30 31 31 3 29 29 30 31 3 28 29 29 30 3 | 44         45         46         47         48         4           43         43         44         45         46         4           41         42         43         44         45         4           40         41         42         43         43         4           37         38         39         40         41         42         4           36         37         38         39         40         4           35         36         37         38         38         3           34         35         36         37         3           33         34         35         36         37         3           32         33         34         35         36         3         3           31         32         33         34         35         3         3         34         3           31         32         33         33         34         3         3         3         3         3         3         3         3         3         3         3         3         3         3         3         3         3         3 <td>43         44         45         46         47         48         4           42         43         44         45         46         4           40         41         42         43         44         45         4           39         40         41         42         4         43         4           38         39         39         40         41         42         4           36         36         37         38         39         40         41         4           36         36         37         38         38         38         3         33         34         35         36         37         3           32         33         34         35         36         37         3         32         36         37         3           32         33         34         35         35         36         3<td>97.7         100         102.3         104.5         106.8         109.1         111.4         11:           42         43         44         45         46         47         48         4           41         42         43         43         44         45         46         4           39         40         41         42         43         44         45         4           37         38         39         40         41         42         4         42         4           36         37         37         38         39         40         41         4         4           35         36         36         37         38         39         40         41         4         4           34         34         35         36         37         38         39         40         41         4         4           34         34         35         36         37         38         38         3         38         38         3           32         32         33         34         35         36         37         3         38         38         3</td><td>2 95.5         97.7         100         102.3         104.5         106.8         109.1         111.4         11:         4         14         42         43         44         45         46         47         48         4         40         41         42         43         43         44         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         44         45         44         45         4         40         41         42         43         43         4         45         4         34         44         45         4         43         44         45         4         36         36         37         38         39         40         41         42         43         43         4         35         36         37         38         39         40         41         4         43         43</td><td>93.2         95.5         97.7         100         102.3         104.5         106.8         109.1         111.4         112.4         14.1         41.2         43         44         45         46         47         48         4         43         44         45         46         47         48         4         43         44         45         46         47         48         4         43         44         45         46         47         48         4         38         38         39         40         41         42         43         44         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         44         45         4         4         45         4         4         45         4         4         43         44         45         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4</td><td>90.9         93.2         95.5         97.7         100         102.3         104.5         106.8         109.1         111.4         112.3           39         40         41         42         43         44         45         46         47         48         4           36         38         38         39         40         41         42         43         44         45         46         47         48         4           36         38         38         39         40         41         42         43         44         45         46         47         48         4           36         38         38         39         40         41         42         43         44         45         4         45         4         45         4         41         42         43         44         45         4         34         44         45         4         34         34         44         45         4         33         4         43         44         44         44         44         43         44         44         43         44         44         43         44         44         43</td><td>88.6         90.9         93.2         95.5         97.7         100         102.3         104.5         106.8         109.1         111.4         11:3           38         39         40         41         42         43         44         45         46         47         48         4           36         37         39         40         41         42         43         44         45         46         4         45         46         4           35         36         38         39         40         41         42         43         44         45         46         4           34         35         36         37         38         39         40         41         42         43         43         44         45         4           33         34         35         36         37         38         39         40         41         42         43         44         45         4           31         32         33         34         35         36         37         38         39         40         41         42         4           30         31         32</td><td>86.4     88.6     90.9     93.2     95.5     97.7     100     102.3     104.5     106.8     109.1     111.4     11:3       37     38     39     40     41     42     43     44     45     46     47     48     4       36     36     37     39     40     41     42     43     44     45     46     47     48     4       34     35     36     38     38     39     40     41     42     43     44     45     46     47     48     4       33     34     35     36     37     38     39     40     41     42     43     44     45     46     47     48     4       33     34     35     36     37     38     39     40     41     42     43     44     45     4       31     32     33     34     35     36     37     38     39     40     41     42     43     44     44     44       31     32     33     34     35     36     36     37     38     39     40     41     42     43       31</td><td>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       112.4         36       37       38       39       40       41       42       43       44       45       46       47       48       4         35       36       36       37       39       40       41       42       43       44       45       46       4       45       46       4         33       34       35       36       37       38       39       40       41       42       43       44       45       46       4         31       32       33       34       35       36       37       38       39       40       41       42       43       44       45       4         30       31       32       33       34       35       36       37       38       39       40       41       42       43       44       45       4         29       30       31       32       33       34      
35       36       37       38       39       40       41</td><td>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       112.1         35       36       37       38       39       40       41       42       43       44       45       46       47       48       4         34       35       36       37       39       40       41       42       43       44       45       46       47       48       4         33       33       34       35       36       38       38       39       40       41       42       43       44       45       46       4       45       46       4         31       31       32       33       34       35       36       37       38       39       40       41       42       43       44       45       4         30       30       31       32       33       34       35       36       37       37       38       39       40       41       42       43       44       45       4         30       30       31       32</td><td>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         112.3         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           33         34         35         36         37         39         40         41         42         43         43         44         45         46         4         45         46         4         45         46         4         43         44         45         46         4         4         43         44         45         46         4         4         43         44         45         46         4         43         34         44         45         4         33         33         34         35         36         37         38         39         40         41         42         43         44         45         4         43         4         43         4         43         4         43         4         43         4&lt;</td><td>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         111.2         133         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           32         33         34         35         36         37         39         40         41         42         43         44         45         46         47         48         4           31         32         33         34         35         36         38         38         39         40         41         42         43         44         45         46         4           30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         4           29         30         31         32         33         34         35         36         37         38         39</td><td>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         112.3         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         4         45         46         47         48         4         30         31         32         33         34         35         36         38         38         39         40         41         42         43         44         45         44         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         4           29         30         31         32         33         34</td><td>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         112           31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           29         30         31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         47         48         4           29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         4           28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         4           26         27</td><td>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         111.2           30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           29         30         31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         4           28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         44           26         27         28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         4<td>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         112.2           29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           28         29         30         31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         4           26         27         28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         44           26         27         28         29         30         31         32         33         34         35         36         37         38</td><td>68.9         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         104.1         11.4         11.2         12.1         28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           26         27         28         29         30         31         32         33         34         35         36         38         38         39         40         41         42         43         44         45         46         44         45         44         45         44         45         44         45         40         40         41         42         43         44         45         46         44         45         44         45         44         45         44         45         44         45         44         45         44         45         44         45</td><td>63.6         65.9         68.2         70.5         72.7         75.0         77.3         79.5         81.8         84.1         86.4         86.6         90.9         93.2         95.5         97.7         100         102.3         104.5         106.8         107.1         111.4         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.2         111.4         111.2  
      111.2         111.2         111.2</td><td>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 11.4 11.3 11.3 12.5 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 42 42 42 45 45 46 47 48 42 42 45 45 46 47 48 42 42 45 45 46 47 48 42 42 45 45 46 47 48 42 42 45 45 46 47 48 48 42 45 45 46 47 48 48 48 48 49 49 49 49 49 49 49 49 49 49 49 49 49</td><td>  ht (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   86.6   90.9   93.2   95.5   97.7   100   102.3   104.5   106.8   109.1   111.4   113.1   113.</td></td></td> | 43         44         45         46         47         48         4           42         43         44         45         46         4           40         41         42         43         44         45         4           39         40         41         42         4         43         4           38         39         39         40         41         42         4           36         36         37         38         39         40         41         4           36         36         37         38         38         38         3         33         34         35         36         37         3           32         33         34         35         36         37         3         32         36         37         3           32         33         34         35         35         36         3 <td>97.7         100         102.3         104.5         106.8         109.1         111.4         11:           42         43         44         45         46         47         48         4           41         42         43         43         44         45         46         4           39         40         41         42         43         44         45         4           37         38         39         40         41         42         4         42         4           36         37         37         38         39         40         41         4         4           35         36         36         37         38         39         40         41         4         4           34         34         35         36         37         38         39         40         41         4         4           34         34         35         36         37         38         38         3         38         38         3           32         32         33         34         35         36         37         3         38         38         3</td> <td>2 95.5         97.7         100         102.3         104.5         106.8         109.1         111.4         11:         4         14         42         43         44         45         46         47         48         4         40         41         42         43         43         44         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         44         45         44         45         4         40         41         42         43         43         4         45         4         34         44         45         4         43         44         45         4         36         36         37         38         39         40         41         42         43         43         4         35         36         37         38         39         40         41         4         43         43</td> <td>93.2         95.5         97.7         100         102.3         104.5         106.8         109.1         111.4         112.4         14.1         41.2         43         44         45         46         47         48         4         43         44         45         46         47         48         4         43         44         45         46         47         48         4         43         44         45         46         47         48         4         38         38         39         40         41         42         43         44         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         44         45         4         4         45         4         4         45         4         4         43         44         45         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4</td> <td>90.9         93.2         95.5         97.7         100         102.3         104.5         106.8         109.1         111.4         112.3           39         40         41         42         43         44         45         46         47         48         4           36         38         38         39         40         41         42         43         44         45         46         47         48         4           36         38         38         39         40         41         42         43         44         45         46         47         48         4           36         38         38         39         40         41         42         43         44         45         4         45         4         45         4         41         42         43         44         45         4         34         44         45         4         34         34         44         45         4         33         4         43         44         44         44         44         43         44         44         43         44         44         43         44         44         43</td> <td>88.6         90.9         93.2         95.5         97.7         100         102.3         104.5         106.8         109.1         111.4         11:3           38         39         40         41         42         43         44         45         46         47         48         4           36         37         39         40         41         42         43         44         45         46         4         45         46         4           35         36         38         39         40         41         42         43         44         45         46         4           34         35         36         37         38         39         40         41         42         43         43         44         45         4           33         34         35         36         37         38         39         40         41         42         43         44         45         4           31         32         33         34         35         36         37         38         39         40         41         42         4           30         31         32</td> <td>86.4     88.6     90.9     93.2     95.5     97.7     100     102.3     104.5     106.8     109.1     111.4     11:3       37     38     39     40     41     42     43     44     45     46     47     48     4       36     36     37     39     40     41     42     43     44     45     46     47     48     4       34     35     36     38     38     39     40     41     42     43     44     45     46     47     48     4       33     34     35     36     37     38     39     40     41     42     43     44     45     46     47     48     4       33     34     35     36     37     38     39     40     41     42     43     44     45     4       31     32     33     34     35     36     37     38     39     40     41     42     43     44     44     44       31     32     33     34     35     36     36     37     38     39     40     41     42     43       31</td> <td>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       112.4   
     36       37       38       39       40       41       42       43       44       45       46       47       48       4         35       36       36       37       39       40       41       42       43       44       45       46       4       45       46       4         33       34       35       36       37       38       39       40       41       42       43       44       45       46       4         31       32       33       34       35       36       37       38       39       40       41       42       43       44       45       4         30       31       32       33       34       35       36       37       38       39       40       41       42       43       44       45       4         29       30       31       32       33       34       35       36       37       38       39       40       41</td> <td>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       112.1         35       36       37       38       39       40       41       42       43       44       45       46       47       48       4         34       35       36       37       39       40       41       42       43       44       45       46       47       48       4         33       33       34       35       36       38       38       39       40       41       42       43       44       45       46       4       45       46       4         31       31       32       33       34       35       36       37       38       39       40       41       42       43       44       45       4         30       30       31       32       33       34       35       36       37       37       38       39       40       41       42       43       44       45       4         30       30       31       32</td> <td>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         112.3         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           33         34         35         36         37         39         40         41         42         43         43         44         45         46         4         45         46         4         45         46         4         43         44         45         46         4         4         43         44         45         46         4         4         43         44         45         46         4         43         34         44         45         4         33         33         34         35         36         37         38         39         40         41         42         43         44         45         4         43         4         43         4         43         4         43         4         43         4&lt;</td> <td>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         111.2         133         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           32         33         34         35         36         37         39         40         41         42         43         44         45         46         47         48         4           31         32         33         34         35         36         38         38         39         40         41         42         43         44         45         46         4           30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         4           29         30         31         32         33         34         35         36         37         38         39</td> <td>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         112.3         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         4         45         46         47         48         4         30         31         32         33         34         35         36         38         38         39         40         41         42         43         44         45         44         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         4           29         30         31         32         33         34</td> <td>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         112           31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           29         30         31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         47         48         4           29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         4           28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         4           26         27</td> <td>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         111.2           30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           29         30         31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         4           28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         44           26         27         28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         4<td>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         112.2           29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           28         29         30         31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         4           26         27         28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         44           26         27         28         29         30         31         32         33         34         35         36         37         38</td><td>68.9         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         104.1         11.4         11.2         12.1         28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           26         27         28         29         30         31         32         33         34         35         36         38         38         39         40         41         42         43         44         45         46         44         45         44         45         44         45         44         45         40         40         41         42         43         44         45         46         44         45         44         45         44         45         44         45         44         45         44         45         44         45         44         45</td><td>63.6         65.9         68.2         70.5         72.7         75.0         77.3         79.5         81.8         84.1         86.4         86.6         90.9         93.2         95.5         97.7         100         102.3         104.5         106.8         107.1         111.4         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4 
       111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.2         111.4         111.2         111.2         111.2         111.2</td><td>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 11.4 11.3 11.3 12.5 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 42 42 42 45 45 46 47 48 42 42 45 45 46 47 48 42 42 45 45 46 47 48 42 42 45 45 46 47 48 42 42 45 45 46 47 48 48 42 45 45 46 47 48 48 48 48 49 49 49 49 49 49 49 49 49 49 49 49 49</td><td>  ht (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   86.6   90.9   93.2   95.5   97.7   100   102.3   104.5   106.8   109.1   111.4   113.1   113.</td></td> | 97.7         100         102.3         104.5         106.8         109.1         111.4         11:           42         43         44         45         46         47         48         4           41         42         43         43         44         45         46         4           39         40         41         42         43         44         45         4           37         38         39         40         41         42         4         42         4           36         37         37         38         39         40         41         4         4           35         36         36         37         38         39         40         41         4         4           34         34         35         36         37         38         39         40         41         4         4           34         34         35         36         37         38         38         3         38         38         3           32         32         33         34         35         36         37         3         38         38         3 | 2 95.5         97.7         100         102.3         104.5         106.8         109.1         111.4         11:         4         14         42         43         44         45         46         47         48         4         40         41         42         43         43         44         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         44         45         44         45         4         40         41         42         43         43         4         45         4         34         44         45         4         43         44         45         4         36         36         37         38         39         40         41         42         43         43         4         35         36         37         38         39         40         41         4         43         43 | 93.2         95.5         97.7         100         102.3         104.5         106.8         109.1         111.4         112.4         14.1         41.2         43         44         45         46         47         48         4         43         44         45         46         47         48         4         43         44         45         46         47         48         4         43         44         45         46         47         48         4         38         38         39         40         41         42         43         44         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         46         4         45         44         45         4         4         45         4         4         45         4         4         43         44         45         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4         4 | 90.9         93.2         95.5         97.7         100         102.3         104.5         106.8         109.1         111.4         112.3           39         40         41         42         43         44         45         46         47         48         4           36         38         38         39         40         41         42         43         44         45         46         47         48         4           36         38         38         39         40         41         42         43         44         45         46         47         48         4           36         38         38         39         40         41         42         43         44         45         4         45         4         45         4         41         42         43         44         45         4         34         44         45         4         34         34         44         45         4         33         4         43         44         44         44         44         43         44         44         43         44         44         43         44         44         43 | 88.6         90.9         93.2         95.5         97.7         100         102.3         104.5         106.8         109.1         111.4         11:3           38         39         40         41         42         43         44         45         46         47         48         4           36         37         39         40         41         42         43         44         45         46         4         45         46         4           35         36         38         39         40         41         42         43         44         45         46         4           34         35         36         37         38         39         40         41         42         43         43         44         45         4           33         34         35         36         37         38         39         40         41         42         43         44         45         4           31         32         33         34         35         36         37         38         39         40         41         42         4           30         31         32 | 86.4     88.6     90.9     93.2     95.5     97.7     100     102.3     104.5     106.8     109.1     111.4     11:3       37     38     39     40     41     42     43     44     45     46     47     48     4       36     36     37     39     40     41     42     43     44     45     46     47     48     4       34     35     36     38     38     39     40     41     42     43     44     45     46     47     48     4       33     34     35     36     37     38     39     40     41     42     43     44     45     46     47     48     4       33     34     35     36     37     38     39     40     41     42     43     44     45     4       31     32     33     34     35     36     37     38     39     40     41     42     43     44     44     44       31     32     33     34     35     36     36     37     38     39     40     41     42     43       31 | 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       112.4         36       37       38       39       40       41       42       43       44       45       46       47       48       4         35       36       36       37       39       40       41       42       43       44       45       46       4       45       46       4         33       34       35       36   
   37       38       39       40       41       42       43       44       45       46       4         31       32       33       34       35       36       37       38       39       40       41       42       43       44       45       4         30       31       32       33       34       35       36       37       38       39       40       41       42       43       44       45       4         29       30       31       32       33       34       35       36       37       38       39       40       41 | 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       112.1         35       36       37       38       39       40       41       42       43       44       45       46       47       48       4         34       35       36       37       39       40       41       42       43       44       45       46       47       48       4         33       33       34       35       36       38       38       39       40       41       42       43       44       45       46       4       45       46       4         31       31       32       33       34       35       36       37       38       39       40       41       42       43       44       45       4         30       30       31       32       33       34       35       36       37       37       38       39       40       41       42       43       44       45       4         30       30       31       32 | 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         112.3         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           33         34         35         36         37         39         40         41         42         43         43         44         45         46         4         45         46         4         45         46         4         43         44         45         46         4         4         43         44         45         46         4         4         43         44         45         46         4         43         34         44         45         4         33         33         34         35         36         37         38         39         40         41         42         43         44         45         4         43         4         43         4         43         4         43         4         43         4< | 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         111.2         133         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           32         33         34         35         36         37         39         40         41         42         43         44         45         46         47         48         4           31         32         33         34         35         36         38         38         39         40         41         42         43         44         45         46         4           30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         4           29         30         31         32         33         34         35         36         37         38         39 | 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         112.3         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         4         45         46         47         48         4         30         31         32         33         34         35         36         38         38         39         40         41         42         43         44         45         44         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         4           29         30         31         32         33         34 | 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         112           31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           29         30         31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         47         48         4           29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         4           28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         4           26         27 | 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         111.2           30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           29         30         31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         4           28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         44           26         27         28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         4 <td>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         112.2           29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           28         29         30         31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         4           26         27         28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         44           26         27         28         29         30         31         32         33         34         35         36         37         38</td> <td>68.9         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         104.1         11.4         11.2         12.1         28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           26         27         28         29         30         31         32         33         34         35         36         38         38         39         40         41         42         43         44         45         46         44         45         44         45         44         45         44         45         40         40         41         42         43         44         45         46         44         45         44         45         44         45         44         45         44         45         44         45         44         45         44         45</td> <td>63.6         65.9         68.2         70.5         72.7         75.0         77.3         79.5         81.8         84.1         86.4         86.6         90.9         93.2         95.5         97.7         100         102.3         104.5         106.8         107.1         111.4         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4  
      111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.2         111.4         111.2         111.2         111.2         111.2</td> <td>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 11.4 11.3 11.3 12.5 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 42 42 42 45 45 46 47 48 42 42 45 45 46 47 48 42 42 45 45 46 47 48 42 42 45 45 46 47 48 42 42 45 45 46 47 48 48 42 45 45 46 47 48 48 48 48 49 49 49 49 49 49 49 49 49 49 49 49 49</td> <td>  ht (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   86.6   90.9   93.2   95.5   97.7   100   102.3   104.5   106.8   109.1   111.4   113.1   113.</td> | 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         112.2           29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           28         29         30         31         32         33         34         35         36         36         37         39         40         41         42         43         44         45         46         4           26         27         28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         44           26         27         28         29         30         31         32         33         34         35         36         37         38 | 68.9         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         104.1         11.4         11.2         12.1         28         29         30         31         32         33         34         35         36         37         38         39         40         41         42         43         44         45         46         47         48         4           26         27         28         29         30         31         32         33         34         35         36         38         38         39         40         41         42         43         44         45         46         44         45         44         45         44         45         44         45         40         40         41         42         43         44         45         46         44         45         44         45         44         45         44         45         44         45         44         45         44         45         44         45 | 63.6         65.9         68.2         70.5         72.7         75.0         77.3         79.5         81.8         84.1         86.4         86.6         90.9         93.2         95.5         97.7         100         102.3         104.5         106.8         107.1         111.4         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.4         111.2         111.2         111.4         111.2         111.2         111.2         111.2 | 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 11.4 11.3 11.3 12.5 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 42 42 42 45 45 46 47 48 42 42 45 45 46 47 48 42 42 45 45 46 47 48 42 42 45 45 46 47 48 42 42 45 45 46 47 48 48 42 45 45 46 47 48 48 48 48 49 49 49 49 49 49 49 49 49 49 49 49 49 | ht (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   86.6   90.9   93.2   95.5   97.7   100   102.3   104.5   106.8   109.1   111.4   113.1   113. |

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

ne 300 additional alories/day could e achieved with:

3 glasses of milk
OR
3 pieces of fruit
OR

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	
$\underline{\mathbf{B}}\mathbf{MI} > 35 \text{ kg/m}^2$	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 Respirology 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	<ul> <li>During antepartum consider tx if immobilization: &gt;24 hours if additional significant co-morbidities [e.g. heart disease]</li> <li>During postpartum consider tx if:         <ul> <li>Immobilization: antepartum ≥ 1 wk, or postpartum &gt;24 hrs (c/s or vaginal birth)</li> <li>BMI &gt; 40 (c/s or vaginal birth)</li> <li>Pelvic infection requiring i.v. antibiotics (except chorioamnionitis) or sepsis (c/s or vaginal birth)</li> </ul> </li> <li>Other significant medical co-morbidities (c/s or vaginal birth)</li> <li>Hemorrhage ≥ 1 L post c/s requiring re-operation or evacuation</li> <li>Emergency c/s</li> </ul>	Ambulation AND consider appropriate thrombosis prophylaxis:  1) LMWH if no contraindication; or 2) If contraindication to LMWH: pneumatic compression (moonboots)*; if unavailable TED stockings*; or 3) consult Thrombosis Service  If difficult or multiple attempts at epidural/spinal, consider consultation with anaesthesia before LMWH
High	During ante or postpartum: previous VTE, thrombophilia, Anticoagulation prior to admission, cancer (after c/s or vaginal birth)	Ambulation AND <i>provide</i> appropriate thrombosis prophylaxis:  1) LMWH if no contraindication; or 2) If contraindication to LMWH: pneumatic compression (moonboots) *; if unavailable TED stockings*; or 3) consult Thrombosis Service