

Fetal Growth Restriction (FGR) Care Pathway

for singleton pregnancies

RISK ASSESSMENT FOR FGR AT FIRST ANTENATAL VISIT

LEVEL 1

No risk factors for FGR identified

 More than 50% of FGR cases occur in women with NO identifiable risk factors¹

Surveillance and management

- **Standardised serial SFH measurement** at each antenatal visit **from 24 weeks gestation**, plotted on an SFH chart
- Ultrasounds as clinically indicated

LEVEL 2

Risk factors for FGR identified

- Age >40 years or age <20 years
- IVF singleton pregnancy
- High risk for preterm preeclampsia^{*2}
- Substance use during pregnancy: smoking, drugs
- BMI >35 or BMI <18
- Previous late (>32 weeks) FGR/SGA
- Papp A <0.4 MoM
- Limited antenatal care

Surveillance and management

- Consider fetal growth ultrasound at 28 weeks gestation and 36 weeks gestations
- Additional ultrasounds as clinically indicated
- **Standardised serial SFH measurement** at each antenatal visit **from 24 weeks gestation**, plotted on an SFH chart

LEVEL 3

High risk of early FGR identified

- Previous early (<32 weeks) FGR/SGA
- Previous stillbirth with FGR/SGA
- Maternal medical conditions, eg:
 - Antiphospholipid antibody syndrome*
 - Renal impairment*
 - Chronic hypertension*
 - Diabetes with vascular disease*

Surveillance and management

- Consider fetal growth ultrasound every 4 weeks from 24 weeks gestation
- Additional ultrasounds as clinically indicated
- **Standardised serial SFH measurements** at each antenatal visit **from 24 weeks gestation**, plotted on an SFH chart (optional)

* Low dose aspirin (LDA) reduces the risk of preterm preeclampsia in women assessed as high risk. LDA 100-150mg is only recommended for women at high risk of preterm preeclampsia.

1. Isabelle M, Béatrice B, Anne E, et al. Does the Presence of Risk Factors for Fetal Growth Restriction Increase the Probability of Antenatal Detection? A French National Study. Paediatric and Perinatal Epidemiology 2016; 30(1): 46-55.


2. Rolnik DL, Wright D, Poon LCY, et al. ASPRE trial: performance of screening for preterm pre-eclampsia. Ultrasound Obstet Gynecol. 2017 Oct;50(4):492-495. doi: 10.1002/uog.18816. Epub 2017 Aug 24. Erratum in: Ultrasound Obstet Gynecol. 2017 Dec;50(6):807. PMID: 28741785.



The Safer Baby Bundle resources are based on five key areas to support healthcare professionals with new strategies to help reduce stillbirths.


Smoking Cessation
 #Quit4Baby


Fetal Growth Restriction (FGR)
 #GrowingMatters


Decreased Fetal Movements (DFM)
 #MovementsMatter


Side Sleeping
 #SleepOnSide


Timing of Birth
 #LetsTalkTiming