This brochure provides information about excess weight in pregnancy for women who are planning to birth with any of our Northern NSW Maternity Services.

Please talk with your midwife or doctor about your situation and what matters to you. We encourage you to ask questions and take time to consider our recommendations.

My notes and questions...

Please use this space to write down any questions or concerns:
questions of concerns.

# Shared Decision Making It is always okay to ask questions

BRAND is a handy memory prompt for questions you might like to ask us.

**B** stands for BENEFITS - What are the benefits of each option in my situation?

**R** stands for RISKS - What are the risks of each option in my situation?

A stands for ALTERNATIVES - What alternatives might I have to what is being offered? (There are always alternatives!)

N stands for NOTHING - What if I do nothing? Doing nothing, or 'wait and see' is always an option. N can also stand for NOW? - Do I need to make this decision now? Taking time to consider your options, even if only for a few minutes, might be valuable to you.

**D** stands for DECISION - What is my decision?

If you have any questions or suggestions regarding this brochure, please provide this feedback to your healthcare provider.

Endorsed NNSW Maternity Services April 2021



Why your weight matters during pregnancy

The right care, at the right place.



# What is Body Mass Index?

Body Mass Index, or BMI, is a measure of your weight in relation to your height. A healthy BMI is between 18.5 and 24.9. A person with a BMI over 25 is considered to have excess weight.

# Your pregnancy care

If your BMI at your first pregnancy care visit is over 40, we will recommend that you have an obstetrician as your main pregnancy care provider.

Being overweight is a risk factor for stillbirth. Seeing an obstetrician regularly improves the detection of complications and guides the management of your pregnancy care.

You may still be able to 'share care' and see your GP or the midwives at your closest Hospital for some visits.

# Where will I give birth?

We will talk with you and recommend the safest place for your labour and birth based on the resources available at each of our hospitals.

If you have a BMI of 55 or above, we will recommend that you birth at a specialist hospital in Newcastle or Queensland.

It is important you consider your overall health and your baby's health during pregnancy. We will always talk to you and give you as much time as possible to ask questions and consider our recommendations.

# What are the risks of excess weight during pregnancy for my baby and me?

Most women with excess weight have a straightforward pregnancy and healthy baby. However, excess weight does increase the chance of complications for you and your baby.

The more excess weight, the more chance that:

- ✓ You may develop high blood pressure
- ✓ You may develop gestational diabetes
- ✓ Your baby may grow too big and this may cause your labour to be longer and more difficult
- ✓ You may be more likely to have an instrumental birth (vacuum or forceps)
- ✓ Your baby may get stuck during birth
- ✓ You may be more likely to have a caesarean section
- ✓ You may be more likely to bleed heavily after birth
- ✓ Your baby may be more likely to need admission to the Special Care Nursery

# Our support

If you need to move to another hospital to birth, we understand it can be difficult for you and your family. We have services to support you. You may be able to access financial help. Soon after birth, you and your baby may be able to return to your chosen hospital for your postnatal care and/or for follow-up care at home.

# Get Healthy in Pregnancy Service



Get Healthy in Pregnancy is a free, confidential, information telephone program for all pregnant women. We recommend all women with a prepregnancy BMI over 30 contact Get Healthy in Pregnancy for extra support to have healthy weight gain and help to reduce the chance of complications.

You can call Get Healthy in Pregnancy on 1300 806 258. You don't need a referral. You can also register online at <a href="http://www.gethealthynsw.com.au/get-started">http://www.gethealthynsw.com.au/get-started</a> or speak to a midwife who can do it for you.

# Would you like more information?

Please call your local Hospital Women's Care Unit or speak with your doctor or midwife if you have questions or would like more information:

Grafton Base Hospital 026641 8498 Lismore Base Hospital 02 6620 7400 The Tweed Hospital 07 55067490

**Midwifery Group Practice** 

Call the number given to you by your midwife.