

Association of high pre-pregnancy BMI and postdates pregnancy

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OBJECTIVES

- To determine association between high pre-pregnancy BMI and postdates pregnancy (41 weeks and beyond).

METHODS

- Cohort study with ethical approval and informed consent obtained.
- Duration:** March 2020 to APRIL 2021.
- Non probability consecutive sampling** was used.
- Participants: Enrolled were**
 - 390 low risk pregnant women.
 - In third trimester at 37 weeks of gestation
 - With single alive fetus and cephalic presentation.
 - Estimation of gestational age done either by self-reported pre- pregnancy weight or first trimester ultrasound scan.

- Enrolled women were divided into two groups
 - Group 1 with BMI < 25
 - Group 2 with BMI ≥ 25
- Both groups were followed till their delivery for gestational age at delivery.



RESULTS

TABLE 1: BMI and gestational age

BMI	Gestation 37-40+6 weeks	41-42 weeks	P value
<25	159 (63%)	96 (37%)	<0.001
≥25	36 (27%)	99 (73%)	<0.001

TABLE 2: BMI and mode of delivery

BMI	Mode of delivery			
	Normal vaginal delivery	Instrumental delivery	Cesarean section	Total
<25	239 (61.3%)	8 (2.1%)	8 (2.1%)	255 (65.4%)
≥25	77 (19.7%)	19 (4.9%)	39 (10.0%)	135 (34.6%)
Total	316 (81.0%)	27 (6.9%)	47 (12.1%)	390 (100%)

Conclusion

- Higher pre-pregnancy BMI is associated with increased risk of postdates pregnancy.