

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 pre-pregnancy 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 <http://www.gethealthynsw.com.au/get-started> 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.