

Raised BMI

Discussion points for home birth in the presence of a raised BMI > 35

Date: _____

Time: _____

There is an increased risk of complications during labour and birth, particularly if your BMI is 40 or more.	Initials
<p>. These complications include:</p> <ul style="list-style-type: none"> • your baby being born before 37 weeks of pregnancy (preterm birth) • a longer labour • your baby's shoulder becoming 'stuck' during birth (shoulder dystocia); for further information, see the RCOG patient information Shoulder dystocia (https://www.rcog.org.uk/for-the-public/browse-all-patient-information-leaflets/shoulder-dystocia-patientinformation-leaflet/) • an emergency caesarean birth • more complications during and after a caesarean birth, such as heavy bleeding, anaesthetic complications and wound infection. <p>Undiagnosed breech</p> <p>Difficulty auscultating the fetal heart beat which may cause anxiety for you and your birth partner.</p>	
Depending on your individual circumstances, you may be advised to give birth in a consultant-led unit with easy access to medical support.	
<p>You may be advised to have a cannula (a fine plastic tube that is inserted into a vein to allow drugs and/ or fluid to be given directly into your bloodstream) early in labour. If you are overweight, it may be more difficult for your healthcare professional to do this, which may lead to a delay if it is not done until it is needed in an emergency situation.</p> <p>Cannulation in the home setting is not normal practice and therefore you may be recommended to have this done in a hospital setting.</p>	
<p>You are at increased risk of thrombosis for a few weeks after the birth of your baby. Your risk will be reassessed after your baby is born.</p> <p>if you have a BMI of 40 or above, you may be offered blood-thinning injections (low molecular-weight heparin treatment) for at least 10 days after the birth of your baby; it may be necessary to continue taking this for 6 weeks.</p>	