

NSW Fetal Safety Risk Assessment Pathway: Fetal Growth Restriction (singleton pregnancy)

Level 1

No FGR risk factors identified

Level 2

Risk factors for FGR identified in early pregnancy

- Age 40 years or older
- Body mass index (BMI) 35 or higher
- Family history of pre-eclampsia in a first degree relative
- IVF
- Substance use: smoking, drugs
- Aboriginal/South Asian/African ethnicity
- PAPP-A: 0.3-0.4 MoM

1 risk factor

2 risk factors

3 or more risk factors

Commence low dose aspirin (LDA) < 16 weeks continue to 36 weeks

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Suitable for serial SFH

Standard serial SFH measurement every visit from 24 weeks

Unsuitable for SFH measurements (e.g BMI > 40, large uterine fibroids > 10cm)

Continued substance use

- Smoking
- Drugs

Growth USS at 24-28 weeks gestation (at a minimum) repeated after 6 weeks

Level 3

High risk of early onset FGR <32/40

- High risk result: 1st trimester pre-eclampsia screening*
- PAPP-A: <0.3 MoM
- Previous FGR/SGA and/or pre-eclampsia
- Previous stillbirth with FGR/SGA
- Maternal medical conditions e.g:
 - » SLE, antiphospholipid antibody syndrome
 - » Renal impairment
 - » Chronic hypertension
 - » Type I/II diabetes (pre-gestational)

*Fetal Medicine Foundation: pre-eclampsia screening model (11-14 weeks)

Commence LDA < 16 weeks continue to 36 weeks

Serial USS 2-4 weekly from 24 weeks until birth

Antenatal complications

- Confirmed FGR/SGA by USS (e.g. slow growth, static, <10th centile)
- Pre-eclampsia
- Recurrent antepartum haemorrhage
- Congenital infection

At every visit for Levels 1, 2 and 3

- Review existing or newly arising conditions
- Document/plot SFH and USS measurements (as required)
- Provide continuity of care wherever possible



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Disclaimer: This algorithm is for general guidance only and is subject to a clinician's expert judgement. The algorithm should not be relied on as a substitute for clinical advice.