

FETAL GROWTH RESTRICTION

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Definitions

- FGR: EFW or AC <10% for GA
- SGA: newborns whose birth weight is <10% for GA

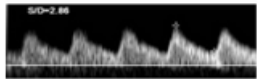
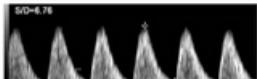
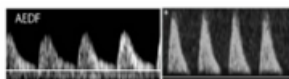
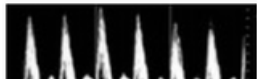
Screening

- 1) Fundal height (24-38wks) → recommend US if discrepancy >3cm
- 2) Ultrasound with BPD, HC, AC, and femur length

Delivery Timing (General Principles)

- If Isolated FGR + NL Doppler
 - Isolated FGR 3-10% → 38w-39w
 - Isolated FGR <3% → 37w
- If FGR + Abnormal Doppler
 - FGR + UA w/ Inc S/D ratio (>3) → 37w
 - FGR + UA w/ Absent diastolic flow → 33w-34w + corticosteroids
 - FGR + UA w/ Reversed diastolic flow → 30w-32w + corticosteroids
 - FGR + UA w/ Reversed diastolic flow + Umbilical Vein Pulsations → 28w + corticosteroids
- If FGR + RF (eg, oligo, comorbidities like PreE or CHTN)
 - FGR + Risk factors → 34w-37w6d (but generally individualized)

Doppler Tracings

NL S/D ratio (<3)	Inc S/D ratio (>3)	Absent End Diastolic Flow (AEDF)	Reversed End Diastolic Flow (REDF)	REDF w/ Umbilical Vein Pulsation (REDF-UVP)
- NL, low placental vascular resistance - Continuous antegrade DF in UA	- Inc placental vascular resistance - Dec antegrade DF	- High placental vascular resistance - No antegrade DF - Note: continuous flow below baseline is UV flow + should not be mistaken for RF in UA	- Very high placental vascular resistance - Reversed end-diastolic (UA flow dips below baseline in diastole)	- Very, very high placental resistance - Reversed end-diastolic now with UVP notches
				
	- BPP weekly	- BPP 2x weekly	- BPP daily	- BPP 3x daily
FGR 3-10%: 38-39w FGR <3%: 37w	S/D>3: 37w OR Abnormal BPP OR >36w w/o fetal growth	AEDF: 33w-34w OR Abnormal BPP OR >34w of proven maturity	REDF: 30w-32w OR Any BPP <10 OR >32w of proven maturity	REDF-UVP: 28w OR Any BPP <10 OR >28w of proven maturity