

Management of Fetal Growth Restriction

Definition: EFW < 10th percentile
and/or AC < 10th percentile

BPP, UA Doppler, and offer amniocentesis if <32 weeks and/or polyhydramnios, structural defect. Add CMV if for amniocentesis. (If referred from outside provider for FGR, perform Doppler regardless of EFW/AC percentile).

Normal testing (Doppler, BPP)

Repeat Doppler in 1-2 weeks, initiate ANFS as appropriate. If in ANFS, weekly UA Doppler.

Repeat growth in 3-4 weeks.

Delivery at 37 weeks if EFW < 3rd percentile, 38-39 weeks if isolated FGR 3rd -10th percentile.

Elevated UA PI or oligohydramnios

Doppler work up to include MCA Doppler for CPR at time of growth ultrasounds.

Weekly UA Doppler. Initiate ANFS as appropriate.

Repeat growth in 2 weeks.

If oligohydramnios, delivery at 34-37 weeks.
If isolated FGR with elevated UA PI, delivery at 37 weeks.

UA AEDF/REDF

Check DV Doppler.

Hospital admission. Repeat Doppler in 24 hours (2-3x/week). Fetal monitoring. Non-reassuring fetal testing may necessitate delivery.

Repeat growth in 2 weeks.

AEDF: delivery at 33-34 weeks.
REDF: delivery at 30-32 weeks.