

Intrauterine Growth Restriction

Definition

Sonographic EFW <10th percentile

Etiology

Maternal factor: Behavioral (smoking, substance use, decrease nutritional intake), Medical (Diabetes, HTN, renal insufficiency, autoimmune), extreme of maternal age

Fetal factor: Chromosomal or genetic cause, fetal infection, multiple gestations

Physical examination

Suspect if fundal height < dates or poor maternal weight gain

Management

- Growth ultrasounds every 2-3 weeks
- Antenatal testing
 - twice weekly NST to once weekly BPP with NST or weekly NST with weekly AFI
 - Umbilical artery doppler weekly
- Perinatology consult and consider delivery if poor NST/AFI/BPP, abdominal circ <4 wks biparietal diameter, oligo or doppler umbilical artery end diastolic flow zero or reversed

Pocket Obstetrics and gynecology by K Joeph Hurt 2nd edition

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