

Maternity Patient information

Antenatal Clinic
01202 442316
Friday – 14.00 – 17.30

For further general health-related information, please ask the relevant department for an information prescription or contact:

The Health Information Centre
Poole Hospital NHS Foundation Trust
Longfleet Road
Poole
Dorset
BH15 2JB
Telephone: 01202 448003

www.poole.nhs.uk

We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499, text 07758 272495 or email pals@poole.nhs.uk for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience team confidentially: phone 01202 448003, write to the Health Information Centre (address above), or email healthinfo@poole.nhs.uk.

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The PINE Clinic

Pregnancy Information about Nutrition and Exercise



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Congratulations on your pregnancy. You have been referred to The PINE Clinic based on your BMI (body mass index). This has been calculated by your height to weight ratio. Most women who are overweight have a successful pregnancy however research shows that women who have a BMI greater than 35 at the start of pregnancy are at a higher risk of complications during pregnancy and labour. These can include:

- Gestational diabetes
- High blood pressure
- Developing blood clots
- Difficulty in ultrasound visualisation
- Difficulty monitoring babies in labour
- Wound infection
- Delivering prematurely
- Subsequent child obesity

Pregnancy provides an excellent opportunity to make changes that will have a positive impact both in the short and long term for you and your baby. You will see the midwife between 14-18 weeks of pregnancy at the clinic and the aim is to provide support, guidance and individualised care.

Weight gain is a sensitive issue for many women and whilst we will not be advocating weight loss in pregnancy we hope to help you maintain your current weight through dietary and healthy lifestyle changes.

Depending on your BMI you may you also have an appointment to see the obstetrician and anaesthetist; have an extra scan to check the growth of your baby at 32-34

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weeks and will be offered a GTT (glucose tolerance test) at 28. Information about this will be provided at the appointment.

Your community midwife will have already discussed dietary advice. In particular it is advocated that you take 5mg of folic acid, which is in place of 400mcg usually recommended and also 10mcg of vitamin D daily.

Prior to your appointment with us you can access dietary information by looking at 'The Eat Well Plate' at www.eatwell.gov.uk and clicking on pregnancy. We also advise keeping up with your normal daily physical activity. Some exercises are not recommended in pregnancy but most exercises are safe.



References

CMACE/RCOG (2010) Management of Women with Obesity in Pregnancy