

Definitions for SGA and FGR in Aotearoa

Healthcare Provider Information

Purpose

This document summarises the definitions and classifications for small for gestational age (SGA) pregnancies and fetal growth restriction (FGR) in Aotearoa as recommended by the Te Whatu Ora clinical practice guideline 'Small for gestational age and fetal growth restriction in Aotearoa New Zealand clinical practice guideline/He Aratohu Ritenga Haumanu mō to Tōhutatanga Kōpiri me te Pakupaku Rawa.

This document has been developed to support hospitals and healthcare professionals to implement the recommendations made in Taonga Tuku Iho on FGR, as a major contributor to provider-initiated preterm birth. The recommendations, background, management algorithms and additional information can be reviewed on the Carosika Collaborative Taonga Tuku Iho website www.bestpractice.carosikacollaborative.co.nz.

Antenatal SGA

- An estimated fetal weight (EFW) <10th centile.

Isolated SGA

- A customised EFW and/or AC 3rd to 9th centile with normal uterine and umbilical artery Doppler (and normal CPR ≥32⁺⁰ weeks).

Early-onset FGR diagnosed <32⁺⁰ weeks

- Abdominal circumference (AC) or customised EFW <3rd centile **OR**
- Umbilical artery Doppler waveform with absent or reversed end-diastolic flow (EDF) **OR**
- AC or customised EFW 3rd to 9th centile and one or more of:
 - umbilical artery Doppler Pulsatility Index (PI) >95th centile
 - mean uterine artery Doppler PI >95th centile or bilateral notching (performed only at diagnosis).

Late-onset FGR diagnosed ≥32⁺⁰ weeks

- AC or customised EFW <3rd percentile **OR**
- Two or more of:
 - AC or customised EFW 3rd to 9th centile
 - slowing fetal growth (decline in AC or customised EFW trajectory >30 centiles from 28⁺⁰ weeks)
 - any abnormal Doppler waveform (umbilical artery Doppler PI >95th centile, cerebroplacental ratio [CPR] <5th centile or mean uterine artery Doppler PI >95th centile or bilateral notching [uterine artery assessment should be performed only once at diagnosis]).

FGR is considered **severe FGR** when customised EFW <3rd centile regardless of gestational age

For more information on preterm SGA and FGR including access to Taonga Tuku Iho (national best practice guide), you can access the Carosika Collaborative website www.carosikacollaborative.co.nz or by using the QR code.

