

Management of preterm FGR and SGA (<37⁺⁰ weeks)

Algorithm

Review history

- Confirm gestational age/review pregnancy dating
- FGR risk factors
- Preeclampsia risk factors
- Antenatal screening (MSS1/NT, MSS2, NIPT)
- Anatomy and placental location

Review fetal causes

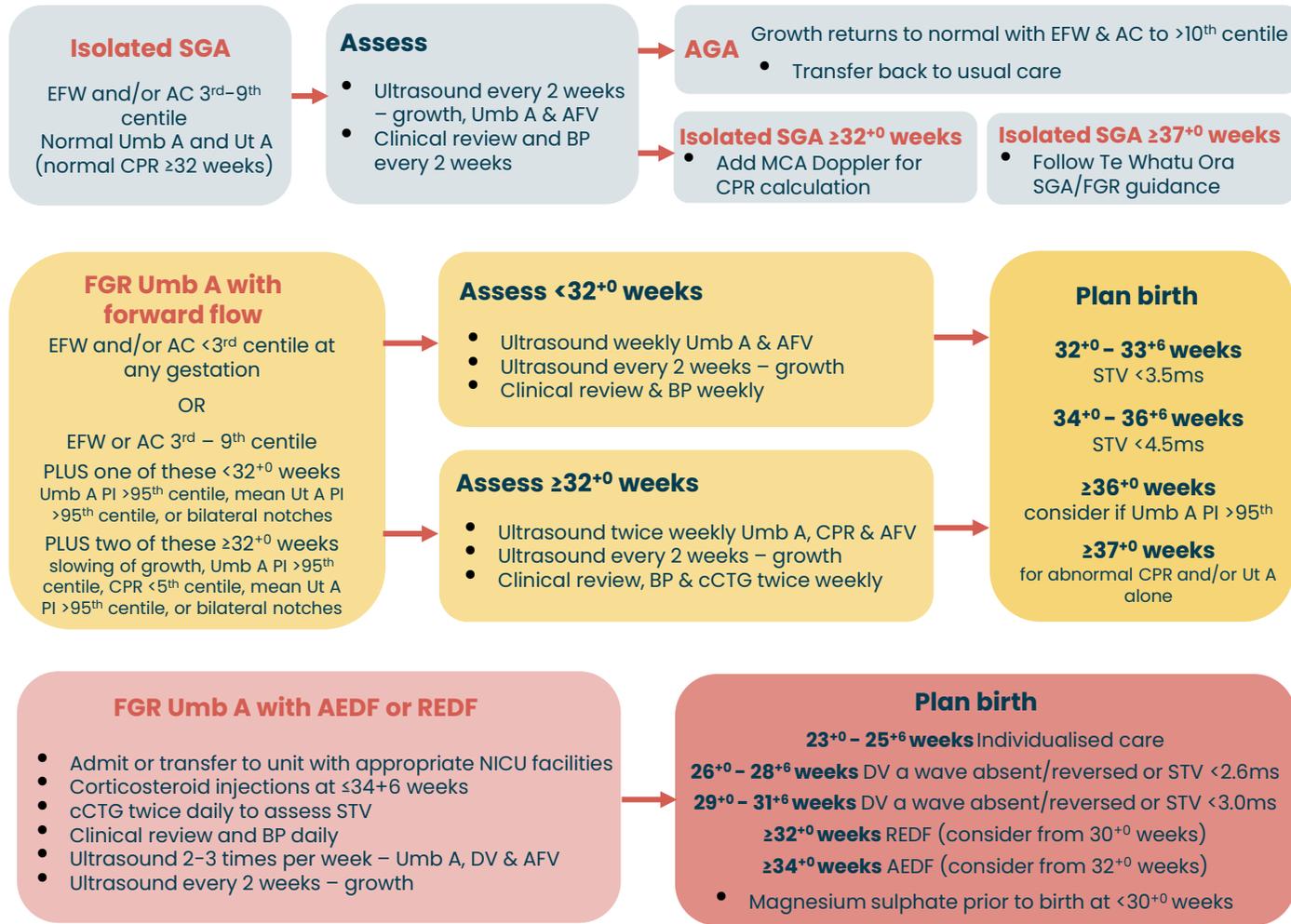
- Familial/genetic
- Parental consanguinity
- Infection exposure/risk
- Tertiary level anatomy review
- Serology (CMV, rubella, syphilis, toxoplasmosis)
- Offer amniocentesis - genetic & infection testing

Referral

- Obstetric specialist review timing dependent on ultrasound and Doppler waveform findings
- Consider fetal medicine if <32 weeks

Ultrasound

- Biometry
- AFV
- Doppler waveforms
 - Ut A - mean PI & notches (at diagnosis only)
 - Umb A - PI, forward flow, AEDF, REDF
 - DV - PI, absent or reversed a wave (<32 weeks)
 - MCA - to allow calculation of CPR (≥32 weeks)



Plan birth at any gestation

Persistent spontaneous decelerations on CTG
Wahine/person indications such as severe preeclampsia, HELLP or abruption

Comprehensive clinical oversight of māmā/person and pēpi wellbeing is required and may override recommendations within this algorithm



For more information 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.

Abbreviations: AC - abdominal circumference, AEDF - absent end diastolic flow, AFV - amniotic fluid volume, CPR - cerebroplacental ratio, cCTG - computerised cardiotocograph, DV - ductus venosus, EFW - estimated fetal weight, FGR - fetal growth restriction, MCA - middle cerebral artery, PI - pulsatility index, REDF - reversed end diastolic flow, SGA - small for gestational age, STV - short term variability, Umb A - umbilical artery, Ut A - uterine artery.

Adapted with permission from: 'Small for gestational age and fetal growth restriction in Aotearoa New Zealand He Aratohu Ritenga Haumanu mō te Tōhutatanga Kōpiri me te Pakupaku Rawa. A clinical practice guideline. Wellington: Te Whatu Ora - Health New Zealand.'