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 Pl, 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.