

Document Title: Midwife Sonographers – SOP for women under the care of the 'Healthy Pregnancy Clinic'	1 of 4	Approval Date: 10/11/25
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Midwife Sonographers – SOP for women under the care of the 'Healthy Pregnancy Clinic'	
Introduction and Aim	
This guideline is for health professionals within maternity services, to support clinical practice and standardise the care for women on the healthy pregnancy pathway (BMI is between 35-39.9kg/m ²) requiring serial ultrasound scans.	
Objectives	
<ul style="list-style-type: none"> • Recommended practice based on the most up-to-date research evidence. • To provide clear pathways to guide clinical practice. • To support women to make informed choices about their care. 	
Scope	
This procedure applies to all of our staff in all locations including those with honorary contracts.	
Equality Health Impact Assessment	An Equality Health Impact Assessment (EHIA) has/has not been completed. (please delete as necessary) Where it has not been completed indicate why e.g. 'This is because a procedure has been written to support the implementation the Policy. The Equality Impact Assessment completed for the policy found here to be a negative/positive/no impact.
Documents to read alongside this Procedure	Management of women with raised Body Mass Index >30kg/m ² in Pregnancy guideline
Approved by	Maternity Professional Forum

Accountable Executive or Clinical Board Director	Title of post holder
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If the review date of this document has passed, please ensure that the version you are using is the most up to date either by contacting the document author. or the Governance Directorate .

Summary of reviews/amendments			
Version Number	Date of Review Approved	Date Published	Summary of Amendments
	Date of Committee or Group Approval	TBA	State if either a new document or revised document (please list main amendments). List title and reference number of any documents that may be superseded

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2 Background

Amongst other maternal and fetal risks, maternal obesity increases the risk of fetal macrosomia, the small for gestational age fetus and stillbirth (RCOG, 2018). Women with a BMI of $>35\text{kg/m}^2$ will need ultrasound surveillance during pregnancy. Serial ultrasound scans provide the opportunity to monitor the growth and wellbeing of these fetus' that are at increased risk.

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3 Eligible Women

- BMI between 35kg/m² and 39.9kg/m² at booking.
- Women with no co-morbidities, suitable for the Healthy Pregnancy Pathway

4 Exclusion Criteria

- Women with a BMI of >40kg/m² are not suitable for serial ultrasound scans by the Midwife Sonographers.
- Women with a BMI between 35-39.9 and any other pregnancy risk factors that mean they are under the care of the consultant.

5 Standard Operating Procedure

Women with a BMI between 35kg/m² and 39.9kg/m² and no other co-morbidities can be part of the Healthy Pregnancy Clinic and have serial scans with the midwife sonographers.

These scans should be booked on the OBSTHPC list on Monday afternoon (there are 5 slots available each week).

They should be performed at 28, 32, 36 and 39 weeks. It is important that health care professionals are mindful of the increased margin of error in scan measurements with increased BMI.

At 36 weeks, the woman will also require a birth choices discussion with consultant midwife/senior midwife to assess weight gain, ease of abdominal palpation and auscultation of FHR and Midwife led Anaesthetic assessment.

If the scans are normal, they can continue with the midwife sonographers throughout the pregnancy. However, if there is any discrepancy or concern with the scan, the woman should be referred to CLC and have an obstetric review. This may include, but not limited to, large for dates (>97th centile), slow/static growth, reduced AFI, raised AFI or raised dopplers.

If any other co-morbidities are detected during pregnancy, the woman will exit the Healthy Pregnancy pathway and will need to be referred to CLC.

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6 References

Royal College Obstetrics and Gynaecology, Obesity in Pregnancy, Green top Guideline 72; 2018, London.