

**PROTOCOL #21 - Maternal Fetal Medicine, University of New Mexico**

11/3/99

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**ANTEPARTUM TESTING – SUGGESTED GUIDELINES**

1. **Objectives of fetal surveillance:**  
Improve perinatal outcome through diagnosis and treatment of the compromised fetus.  
Confirm fetal well-being.  
Predict fetal well-being.
2. **General:**
  1. Start kick counts on ALL patients at 28 weeks.
  2. Fetal Growth should be evaluated every 4 weeks
  3. BPP and NST generally to be started at 26-32 weeks. May be started earlier if history or clinical situation calls for it.
  4. AFI to be done on clinical indications.
5. **Specifics:** The following are general suggestions. Testing may be ordered as often as indicated.

**INDICATIONS AND GUIDELINES**

**DIABETES**

Gestational diabetics – on insulin	At 30-32 weeks, 2x/week NSTs with weekly AFIs
Type 1 and Type 2 diabetics	At 30-32 weeks, 2x/week NSTs with weekly AFIs

**MEDICAL COMPLICATIONS**

Chronic HTN/Renal disease	At 30-32 weeks, 2x/wk NSTs with weekly AFIs
Cardiac/Pulmonary disease including active asthma	At 30-32 weeks, 2x/wk NSTs with weekly AFIs
Collagen vascular disease	At 30-32 weeks, 2x/wk NSTs with weekly AFIs
Severe anemia	At 32-34 weeks, 2x/wk NSTs with weekly AFIs

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**FETAL COMPLICATIONS**

IUGR (<10 <sup>th</sup> percentile)	At dx, 2x/wk NSTs with weekly AFIs and S/D ratios
Decreased fetal movement	At dx, NST and AFI
Discordant twins	At dx, 2x/wk NSTs with weekly AFIs
41 weeks	NST and AFI. Deliver no later than 42 weeks

**PREGNANCY COMPLICATIONS**

Mild PIH/Preeclampsia	At dx, 2x/wk NSTs with weekly AFIs
Severe Preeclampsia	At dx, daily NSTs and AFI's
PROM	At dx or >24 weeks, 2x/week NSTs
Abruptio placenta	At dx or >24 weeks, 2x/week NSTs with weekly AFIs
Oligohydramnios <7	Before term, 2x/week NSTs and AFIs. At term, deliver
Prior IUFD >26 weeks	Weekly NSTs starting 1 week prior to demise and no later than 34 weeks
Cholestasis	At dx, 2s/wk NSTs
Isoimmunization	Significant isoimmunization – At 28 weeks, 2x/week NSTs  Zone II or higher add weekly AFI

CONSULTATIONS: Twenty-four hour consultation is available by calling the Maternal Fetal Medicine service at the University of New Mexico Hospital, 1-888-866-7257.