

PROTOCOL #25 - Maternal Fetal Medicine, University of New Mexico

ACCURATE PREGNANCY DATING

A. General

Accurate dating of a pregnancy appears to decrease interventions in the third trimester, especially prolonged pregnancy surveillance and inductions. Dating also is important for evaluation of fetal growth, interpretation of genetic screening tests and intervention for preterm labor. Dating pregnancy from the first day of the last LMP is a reliable way of dating a pregnancy **only** when the menstrual dates are reliable.

B. Dating by LMP must meet the following criteria to be considered reliable

1. Patient should have regular menstrual periods every 24-32 days.
2. Patient must remember the date of the first day of her LMP or reliable records must be available.
3. Patient must have had at least three periods off oral contraceptives or following a delivery, a miscarriage, or a therapeutic abortion.
4. If LMP was normal, any bleeding thereafter may raise doubts about accuracy of menstrual dating.

C. Algorithm for Dating by Ultrasound

1. First trimester (6-12 wks)
  - a. Current literature supports ultrasound as more reliable than LMP
  - b. With CRL result from accredited u/s lab, use it for determining EDC
2. Second trimester
  - a. The parameters used to date pregnancy are +/- 8% of the estimated average ultrasound age (AUA)
  - b. If there is more than an 8% discrepancy between AUA and LMP, dating should be changed based on AUA
3. Third trimester
  - a. If the first u/s is performed in the third trimester, use the following:
    - With symmetric parameters on the u/s exam use the 8% rule to see if consistent with LMP dating. If not use u/s dating
    - If parameters are asymmetric, must use caution in dating based on u/s
  - b. Serial u/s exams are recommended to further delineate dating and confirm growth curve. These can be done at a 3 or 4 week interval from the first u/s

**WITH 8% ERROR CURVE WOULD NOT INCLUDE CALCULATIONS FROM 1-12 WEEKS GIVEN WHAT WE ARE SAYING.**

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