

A review of early onset fetal growth restriction

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Objective

A review of 19 patients referred to fetal medicine at 20 weeks with growth <3rd percentile.

Methods

Retrospective analysis of 19 patients with fetal growth restriction at 20 weeks with growth <3rd percentile.

Results

In all 19 patients there was no previous history of maternal medical conditions. The maternal BMI was >35 kg/m² in 26% of cases. Maternal serum PAPP-A level was low in 45% of 11 patients with available results. Uterine artery Dopplers were abnormal in 38.4% of 13 cases with available results. Three babies died in utero between 24 and 28 weeks being <500g. One was terminated for congenital abnormality. 36% of live births were on the zero percentile. 22.2% were less than the third percentile. 66% of babies were born between 30 and 36 weeks of gestation. There was no chromosomal abnormality or infections in any of the babies. Placental analysis was done in only 4 cases all showed maternal vascular malformations.

Conclusion

A live outcome in case of early onset fetal growth restriction can be achieved by regular ultrasound examinations with Dopplers. Majority of early onset fetal growth restrictions were due to vascular malformations.