**Advanced Maternal Age (AMA) Guidelines (March 2014)**

**Age 35-39 without risk factor at time of delivery**
- Uncomplicated → No additional antenatal testing#
- Delivery suggested between 40-41 weeks*

**Age 40 or greater or Age 35-39 with risk factor (smoking, prepregnancy BMI >30) at time of delivery**
- weekly antenatal testing with NST and amniotic fluid volume assessment (modified BPP) starting at 36wks
- Consider delivery in the 39th week (unless otherwise indicated sooner)**

# As IUFD risk in AMA patients is on a continuum with risk increasing as age increases, consideration can be given to starting NSTs weekly on a patient-to-patient basis as the primary provider sees fit.

* Based on data from Reddy article; IUFD rate at 40 weeks equal to that of non-AMA patient at 41 weeks and above

** Based on data from Reddy article; IUFD rate at 39 weeks equal to that of non-AMA patient at 41 weeks and above

**References:**
5. per OB MFM recommendation February, 2016