

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

### Age 35-39 without risk factor at time of delivery

- Uncomplicated → No additional antenatal testing<sup>#</sup>
- 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 39<sup>th</sup> 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:

1. Reddy U, et al. *AJOG* 2006;195:764-70
2. Waldenstrom U, et al. *Obstet Gynecol* 2014;123:104-12
3. Fretts RC, et al. *Obstet Gynecol* 2004;104:56-64
4. Flenady V, et al. *Lancet* 2011;377:1331-40
5. per OB MFM recommendation February, 2016