



Customised Growth Charts

Recommendations for fundal height measurement

- Non-elastic tape measure, trained midwife/doctor
- Measurement / plotting on customised chart from 26 - 28 weeks
- Follow up measurements: every 2-3 weeks, preferably by same person

Referrals for further investigation

(ultrasound biometry, amniotic fluid assessment, +/- Doppler flow)

- If first fundal height measurement plots below 10th centile line on the customised chart
- If, based on consecutive measurements, growth is static (flat), or there is concern about it being slow because it does not follow the slope of the curves on the chart
- If, based on consecutive measurements, there is concern about excessive growth because of the steepness of the curve.
- A first measurement above the 90th centile line does **not** need referral for scan for? LGA, unless there are other clinical concerns - e.g. polyhydramnios.

Follow up: if ultrasound assessment is

- Normal: revert to serial fundal height measurement
- Abnormal: refer for urgent obstetric review

For further information and examples, please see www.perinatal.org.uk/fetalgrowth/examples.aspx