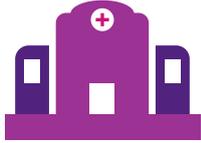




# BMI over 35 and thinking about birth in an Alongside Midwifery Unit?

## Information from a national research study



An Alongside Midwifery Unit (AMU) might be called a birth centre where you live. AMUs are in a hospital where there is also a labour ward or delivery suite



Talk to your midwife and make a care plan that suits you. An AMU birth might not be best for everyone. If your BMI is over 40 these results might not apply to you.



### Had a baby before?

For women with a BMI over 35 who have given birth before and are otherwise healthy, planning birth in an **Alongside Midwifery Unit (AMU)** can be just as safe as for women with a lower BMI



### Having your first baby?

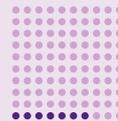
Women with a BMI over 35 having their first baby are more likely than women with a lower BMI in the AMU to have:

- an urgent Caesarean birth



12

out of 100 women with a **BMI over 35** had an urgent Caesarean



7

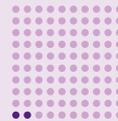
out of 100 women with a **lower BMI** had an urgent Caesarean

- a severe bleed after birth



5

out of 100 women with a **BMI over 35** had a severe bleed after birth



2

out of 100 women with a **lower BMI** had a severe bleed after birth



Your Body Mass Index, or BMI, is one of the things your health care team will take into account when they give you advice about where to have your baby



This information is based on a national research study carried out in all 122 Alongside Midwifery Units (AMUs) in the UK, over 12 months, by the UKMidSS team at the University of Oxford

## What we did?

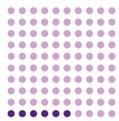
- We collected information about all women with a BMI over 35 who received labour in these AMUs (1122 women in total)
- We compared what happened to these women and their babies with a group of 1949 women with a lower BMI in the same AMUs
- The **main outcome** we looked at was whether the women experienced one or more of the following:
  - Needing labour to be speeded up with a drip
  - Birth with forceps or ventouse, or a Caesarean
  - A severe tear after birth
  - A blood transfusion after birth
  - Needing intensive care after birth
- We also looked at whether women needed an *urgent* Caesarean or had a severe bleed after birth

## What we found?

Almost all of the women with a BMI over 35 in our study had a BMI between 35 and 40. This means that our results can't be used to advise women with a BMI over 40

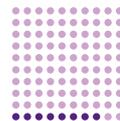


**For women with a BMI over 35 who had given birth before**, there were **no differences** in our main outcome or any of the other outcomes we looked at compared with women with a lower BMI who had given birth before



6

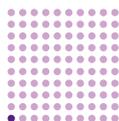
out of 100 women with a **BMI over 35** had one or more of the features of our main outcome



8

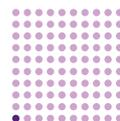
out of 100 women with a **lower BMI** had one or more of the features of our main outcome

Very few women who had given birth before had a Caesarean:



Just over  
1

out of 100 women with a **BMI over 35** had a Caesarean

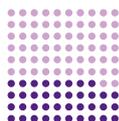


Just less than  
1

out of 100 women with a **lower BMI** had a Caesarean

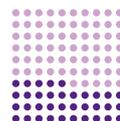


**More women with BMI over 35 who were having their first baby** had one or more of the features of our main outcome, compared with women with lower BMI. Because of the small numbers of women with BMI over 35 who were having their first baby in our study we can't be certain if this is a true difference or just due to chance



38

out of 100 women with a **BMI over 35** had one or more of the features of our main outcome

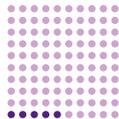


35

out of 100 with a **lower BMI** had one or more of the features of our main outcome

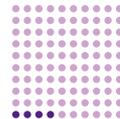


**Overall, women with BMI over 35** were more likely to have a Caesarean birth, but the chances of this happening were low



5

out of 100 women with a **BMI over 35** had a Caesarean



4

out of 100 women with a **lower BMI** had a Caesarean