

# Post-Dates Pregnancy

## Initial Questions

- What do you already know about this?
- What questions or concerns do you have?
- Were your LMP/EDD dates accurate?

\*My scope/local laws/community standards

## Risks

- Large baby
- Meconium aspiration
- Decreased amniotic fluid
- Placental insufficiency
- Stillbirth (3-5 in 1000)
- Increased chance of operative or surgical delivery

## Benefits

- Waiting for body's natural hormone cascade

## Recommendations

- Biweekly NST
- Weekly BPP
- Acupuncture/Acupressure/Chiropractic

## Options

- Gentle induction (stretch and sweep, midwives brew, nipple stimulation, sexual intercourse)
- Wait for natural labor
- Transfer care for hospital induction

## Questions

- Do you have enough information?
- Do you have any other questions or concerns?
- What do you want to do?

\*Set up Follow-up Plan

## Resources

- [www.ontariomidwives.ca/postdates-pregnancy-English.pdf](http://www.ontariomidwives.ca/postdates-pregnancy-English.pdf)
- List of local Chiropractors that are Webster Certified

## References

ACOG. (2021). When pregnancy goes past your due date. The American College of Obstetricians and Gynecologists. [www.acog.org](http://www.acog.org)

Galal, M., Symonds, I., Murray, H., Petraglia, F. & Smith, R. (2012). Postterm pregnancy. *Facts, views & vision in ObGyn*, 4(3), 175-187. [www.pmc.ncbi.nlm.nih.gov](http://www.pmc.ncbi.nlm.nih.gov)