

Planning for Pregnancy WOMEN WITH OBESITY

Background

A woman or man whose body mass index is greater than 30 is obese. Please use your height and current weight to find your body mass index on the chart on the back of this page.

How Obesity Affects Pregnancy

An obese woman is more likely to:

- Have a hard time getting pregnant, especially if she does not have a period every month
- Have a miscarriage
- Have a baby with birth defects
- Develop diabetes while she is pregnant
- Have a big baby
- Need to have a cesarean birth
- Have problems healing from a cesarean birth
- Have problems with her blood pressure while pregnant
- Have an epidural that does not work
- Have problems breastfeeding

Obese women and men are also more likely to raise a child who becomes obese.

Obese women who gain the right amount of weight may avoid some of the problems listed above. Pregnant women should talk to a health care provider for recommendations about weight gain in pregnancy.

How Medications for Obesity May Affect Pregnancy

If you are not pregnant, it is important that you use birth control. Obese women who lose weight often become pregnant before they are ready because losing weight makes them more likely to become pregnant. If you are taking medicine to help you lose weight and find that you are pregnant, contact your health care provider.

What You Can Do

- 1) Talk with your health care provider if you are obese and would like to be pregnant.*
- 2) Take a multivitamin with folic acid (folate) before you become pregnant.*
- 3) To have a healthier pregnancy, try to lose weight before you become pregnant. Talk with your health care provider about this. Diet and exercise are the first things to try. Sometimes medications or surgery are needed.*
- 4) If you are pregnant, talk with your health care provider about healthy eating and an exercise plan.*



Developed by the WAPC Preconception and Prenatal Care Committee, revised 04/15

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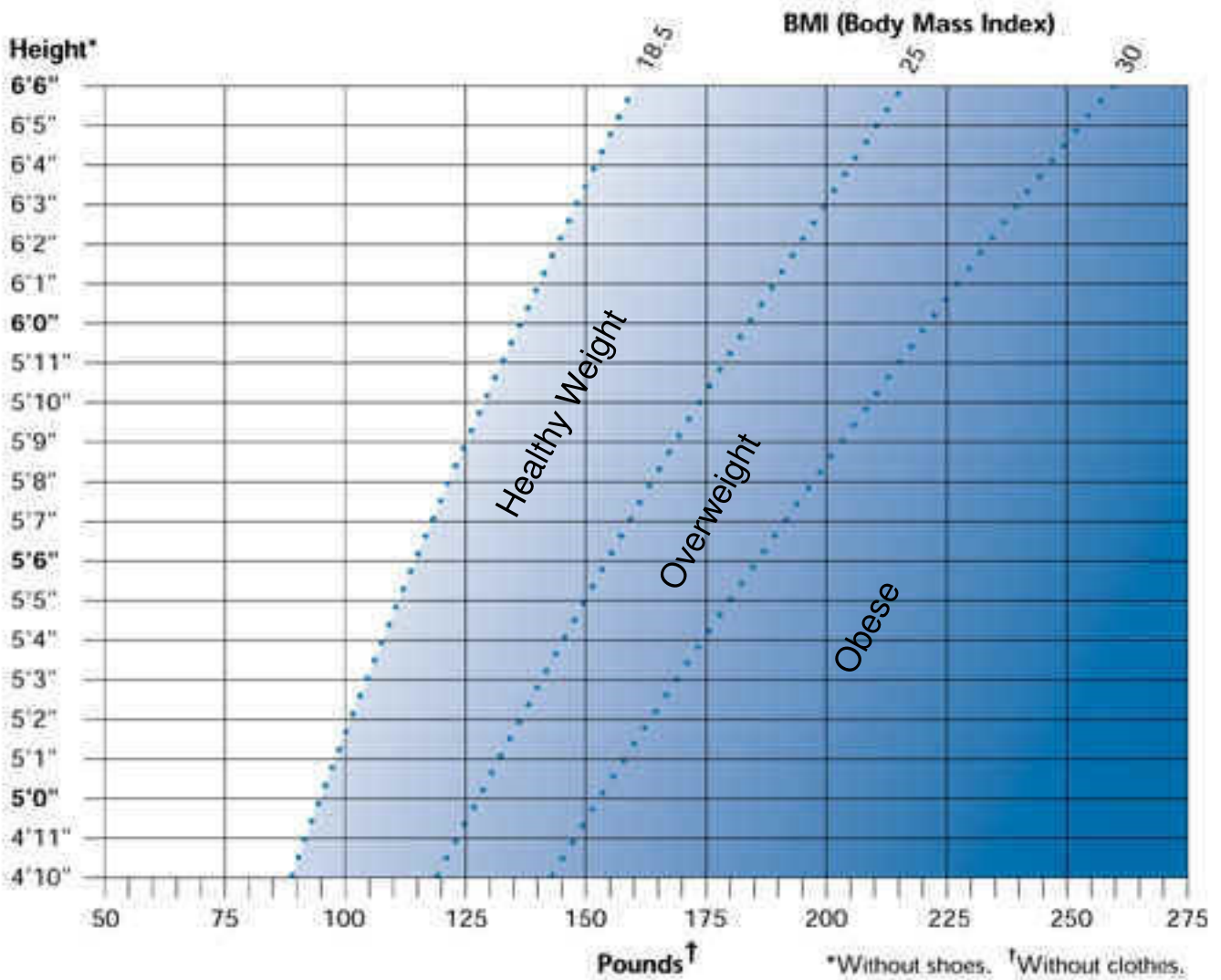
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This information is available on the WAPC Web site at www.perinatalweb.org.

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Body Mass Index Chart

ARE YOU AT A HEALTHY WEIGHT?



From United States Food and Drug Administration (FDA) Web site:
<http://www.fda.gov/hearthealth/lifestyles/chart.html>