

Reduced Placental Function

(also called “Intrauterine
Growth Restriction”)

This pamphlet is designed to answer some of your questions. It will help you understand how the Home Care Nursing Team, together with your doctor, are planning to keep you and your baby safe and healthy while you are at home.

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What does it mean if placental function is reduced?

This occurs when the placenta takes in nutrients more slowly. As a result, your baby’s growth is slower. This is called intrauterine growth restriction (or IUGR). Sometimes there is less fluid around the baby. This is called oligohydramnios (all-i-go-hi-DRAM-nee-us).

Reduced placenta function happens to about 6-15 out of every 100 babies. It is more common if you have high blood pressure or you are expecting more than one baby. Ask your doctor if you have specific questions about your situation.

What can I do?

Read the “Baby Movement Counting” pamphlet

Do a movement count twice each day (morning and evening).

Know the warning signs

If you feel less than 6 movements in 2 hours or if you feel regular contractions every 15 minutes or less (4 or more in one hour), call Antepartum Home Care between 8:30 am to 4:30 pm at (604) 875-3557, or contact your doctor.

Be aware of tightenings or contractions

It is normal for your uterus to have some painless contractions throughout pregnancy. These are called Braxton Hicks contractions or tightenings. They help prepare your baby for labour. Babies who have grown less than expected or who have low amniotic fluid may become stressed by contractions. It is important that you are aware if you are having contractions. If you are having more than usual, count for one hour.

Activity Level

You do not need to rest in bed, in fact, some activity is good for you. Your nurse will review the activity level guide with you and help you decide how much rest you need.

How do I know my Baby is Okay?

Fetal Heart Rate Monitoring or Non Stress Test

Your baby's heart rate tells us how they are doing through heart rate changes. When your nurse visits you, they will listen using a fetal heart rate monitor. This machine records the heart beat on a slow moving graph paper. The recording will take from 20 minutes to one hour.

Ultrasound Scan

- ❖ Shows how your baby is growing.
- ❖ Estimates the amount of fluid still around the baby.
- ❖ Measures your baby's blood flow through the umbilical cord to the placenta. This is called Doppler Flow.

What will my nurse do?

- ❖ Help me understand how to check for:
 - contractions
 - baby movements
- ❖ Assess my baby's heart rate.
- ❖ Help me with My Pregnancy Diary.
- ❖ Visit me 1-3 times a week. Each visit is about 1 hour.
- ❖ Phone me on non-visit days.
- ❖ Report to my doctor when needed.
- ❖ Answer my questions about pregnancy, labour, and birth
- ❖ Discuss lifestyle choices such as diet, fluid intake, and sleep as needed.

What do I need to do every day to help myself and my baby?

- ❖ Fill in My Pregnancy Diary.
- ❖ Do my baby movement count twice each day.
- ❖ Be aware of contractions or tightenings.
- ❖ Visit my doctor in the office when scheduled.
- ❖ Visit the ultrasound department when scheduled.

When do I need to call for help?

If you develop **any** of the following symptoms, contact your home care nurse right away. If you call during office hours and your nurse does not return your call in 15 minutes, call your doctor.

- Less than 6 baby movements in 2 hours.
- Contractions every 15 minutes or less for one hour
- Gush or trickle of fluid from your vagina.
- Pain in your belly.
- Bleeding or spotting.

Call 911, and be taken to the hospital by ambulance if you have:

- Vaginal bleeding, like a period.

How to contact the Antepartum Home Care Program Office between 8:30 am – 4:30 pm: (604) 875-3557

If you need to speak to us right away, leave an urgent message after the tone.

- State your name and phone number.
- Press the number sign (#) then 701. We will get the message right away.

Paging (604) 875-2161

- Ask for the "Antepartum Home Care Nurse" pager 02445
- Stay on the line or leave your telephone number with the operator.

After 4:30 pm and before 8:30 am

Call your doctor: _____

Or call the BC Women's Urgent Care Centre at (604) 875-3070

Important Information