

NATIONAL WOMEN'S HEALTH DEPARTMENT OF OBSTETRICS & GYNAECOLOGY

BMI (kg/m²) at booking
Measure patient, don't use
self reported height & weight

Recommended total weight gain in
pregnancy (kg)
Weigh patient at every ante natal visit

<18.5	12-18kg
18.5-24.9	11-16kg
25-29.9	7-11kg
30-34.9	5-9kg
35-39.9	<5kg
>40	<5kg

This Guideline is meant for use by Lead Maternity Carers and is based on best available evidence July 2011

BODY MASS INDEX (BMI)

