

# About Intrauterine Growth Restriction

## What is intrauterine growth restriction?

This simply means the baby is not growing in the womb as it should. The baby is not getting the enough nutrients and oxygen through the placenta. Sometimes, there is not enough amniotic fluid as well.

## What causes this problem?

The cause is often not known and even the healthiest mothers can have growth restricted babies. A twin or triplet pregnancy could cause one or more of the babies to grow slowly, especially if the babies share the same placenta.

To help the baby grow, you can:

- Eat healthy foods.
- Take only those medicines prescribed or recommended by your doctor or midwife.
- Do not drink alcohol or smoke. Avoid second-hand smoke.
- Lower your stress level as much as possible.

## How might this affect my baby?

Your baby might have a low birth weight and/or could be born early (premature).

During labour, your baby can get stressed with contractions, even when the contractions are not painful to you. Because of this, your baby will be checked often both during pregnancy and labour. Small or early babies sometimes need help to breathe after birth. Some babies need help to keep their blood sugars and body temperature normal, and to help them fight infection.



## What checks and treatments can you expect?

We will ask you to count and keep track of your baby's movements each day.

Also you can expect:

- repeat ultrasounds
- non-stress test(s)
- electronic monitoring of your baby during your labour
- an appointment with a pregnancy specialist doctor, if needed

Sometimes, your doctor or midwife will recommend medications to start your labour early.

### **Call then go to the maternity unit when:**

- Your baby moves less than 6 times in 2 hours.
- You have regular contractions every 10 minutes or less.
- You have a trickle or sudden gush of fluid from your vagina.

### **Call 9-1-1 when**

- You have bleeding from your vagina.
- You have really bad stomach or abdominal pain.

### **Notes:**

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(Maternity Unit contact information)

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.