

The Metabolic Antenatal Clinic



Information for women

Research shows that being overweight increases the chance of developing complications such as diabetes and high blood pressure during pregnancy, and can make it harder to monitor your baby's growth. Being heavier also increases the possibility of having a caesarean section or needing assistance to birth your baby, for example with forceps.

For these reasons, we are offering women who are overweight more specialised antenatal care during their pregnancy.

At the start of your pregnancy your midwife will have worked out your body mass index (BMI). This is a measure of your height and weight. As your BMI is raised, we are inviting you to attend the Metabolic Antenatal Clinic at the Royal Infirmary of Edinburgh.

At this specialised antenatal clinic, the health of both you and your baby will be monitored closely by a team of experts. This will involve growth scans of your baby, additional health care for you and individualised dietary advice, as well as other specialist input throughout your pregnancy.

When you attend this clinic you may also be offered the opportunity to take part in research studies. It is your choice whether you wish to be involved in any ongoing research, and this will not affect the care you receive at the Metabolic Clinic.

If you would like more information about the Metabolic Antenatal Clinic or your appointment please contact:

Elaine Jack, specialist midwife
Room G7237
Royal Infirmary of Edinburgh
Little France Edinburgh
EH16 4SA

Tel: 0131 242 2480 or
Dr Fiona Denison on 0131 242 5725



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Readability & Layout Reviewed by NHSL Patient and Carer Information Team v1.0 May2019. For review May2021