

INSTRUCTIONS

PURPOSE: To assess the weight gain of the pregnant woman.

PREPARATION:

1. Identify the weight status category based on the actual or reported pregravid weight, and choose the appropriate weight gain chart. If no pregravid weight is available, use a **CALCULATED PREGRAVID WEIGHT**.
2. Record full name, date of birth, EDC, and height without shoes in the appropriate spaces.
3. Record pregravid weight in appropriate space. If the reported pregravid weight is questionable, or the client's initial plot is 10 or more pounds outside the recommended range, **USE A CALCULATED PREGRAVID WEIGHT** as the baseline for plotting.
4. Record the pregravid weight (or calculated pregravid weight) on the baseline ("zero" weight gain line). Plot current weight and all subsequent weights with an "X" at the point where the weeks gestation intersects the number of pounds gained or lost.
5. If the EDC is revised at any point in the pregnancy, plot subsequent weight gain based on the revised weeks gestation and note the change on the grid.

CALCULATED PREGRAVID WEIGHT — A calculated pregravid weight allows the health professional to monitor the rate of weight gain from the time of entry into prenatal care. To calculate a pregravid weight:

- a. use your professional judgement to estimate the pregravid weight status as normal, under, or over weight.
- b. subtract the expected weight gain for weeks gestation from today's weight. The result is a calculated pregravid weight.

PREGRAVID WEIGHT IN POUNDS <i>IN INDOOR CLOTHING WITHOUT SHOES</i> Adults and Adolescents				
HEIGHT <i>(without shoes)</i>	WEIGHT STATUS CATEGORY			
	UNDERWEIGHT <90% standard	NORMAL WEIGHT 90-120% standard	OVERWEIGHT >120-135% standard >135% standard	
4'9"	< 93	93-124	>124-139	>139
4'10"	< 95	95-127	>127-143	>143
4'11"	< 98	98-131	>131-147	>147
5'0"	<101	101-134	>134-151	>151
5'1"	<104	104-138	>138-155	>155
5'2"	<105	105-140	>140-158	>158
5'3"	<110	110-146	>146-165	>165
5'4"	<114	114-152	>152-171	>171
5'5"	<118	118-157	>157-177	>177
5'6"	<122	122-162	>162-182	>182
5'7"	<125	125-167	>167-188	>188
5'8"	<129	129-172	>172-193	>193
5'9"	<132	132-176	>176-198	>198
5'10"	<136	136-181	>181-204	>204
5'11"	<140	140-186	>186-209	>209

DISTRIBUTION: Maintain copy of Prenatal Weight Gain Chart in the medical record.

DISPOSITION: This form may be destroyed in accordance with the Patient Clinical Records Standard of the *Records Disposition Schedule* published by the Division of Archives and History.

Additional copies of this form may be ordered on Women's Health Section order form, DEHNR 2388, or Nutrition Services Section Requisition form, DEHNR 2507, from:

Women's Health Section OR Nutrition Services Section
 Division of Maternal and Child Health
 Department of Environment, Health, and Natural Resources
 P.O. Box 27687
 Raleigh, N.C. 27611-7687