ESTIMATING DUE DATE (EDD) CLINICAL GUIDELINE

1. OPTIMAL OUTCOMES
   • Accurate estimation of gestation and EDD
   • Consistency among staff in determining EDD

2. PATIENT
   • All pregnant women

3. STAFF
   • Midwives
   • Student midwives
   • Medical staff

4. EQUIPMENT
   • EDD calculator
   • First or second trimester ultrasound report

5. CLINICAL PRACTICE
   • Determine the woman’s last menstrual period (LMP) and length of menstrual cycle
     o Known LMP and 28 day cycle, calculate EDD by adding 280 days as calculated by obstetric database
     o Where the cycle is clearly greater than 28 days add 1 day for each day above 28
     o Where the cycle is less that 28 days subtract 1 day for each day below 28
   • If 1st trimester (<12 weeks) ultrasound differs from calculated gestation by 6 days or more alter EDD accordingly
   • If 2nd trimester (<20) weeks differs from calculated EDD by 10 days or more alter EDD accordingly do not alter EDD if 1st trimester ultrasound is available
   • Unknown/Unsure LMP
     o Use earliest ultrasound to estimate EDD
   • Where due date of conception is known i.e. assisted reproduction, adjust EDD accordingly

6. HAZARDS/SUB-OPTIMAL OUTCOMES
   • Iatrogenic pre-term delivery
   • Unnecessary induction of labour for post-dates pregnancy

7. DOCUMENTATION
   • Antenatal record
   • Yellow card

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8. EDUCATIONAL NOTES
- Variation in the length of preconceptual follicular phase has been highlighted as a major source of error
- Ultrasound has an 8% error rate in determining EDD
- 20% of ovulation dates will vary for women with regular menstrual cycles
- If the woman has taken oral contraceptives within 3 months this may confuse EDD because breakthrough bleeding and anovular cycles may lead to inaccuracies
- First trimester ultrasound is accurate to 4-5 days
- Second trimester ultrasound is accurate to 7-14 days
- A study reported in 1945 showed that amongst 11,367 women birthing at King George Hospital, the average length of gestation was 283 days.

9. RELATED POLICIES/PROCEDURES
- Induction of labour guideline for women with a post-dates low risk pregnancy

10. REFERENCES