

## **ESTIMATING DUE DATE (EDD)**

*This LOP is developed to guide clinical practice at the Royal Hospital for Women. Individual patient circumstances may mean that practice diverges from this LOP.*

### **1. AIM**

- Accurate estimation of gestation and EDD
- Consistency among staff in determining EDD

### **2. PATIENT**

- Pregnant woman

### **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
  - Known LMP and 28 day cycle, calculate EDD by adding 280 days as calculated by ObstetriX database
  - Where the cycle is greater than 28 days add 1 day for each day above 28
  - Where the cycle is less than 28 days subtract 1 day for each day below 28
- Alter the EDD accordingly if 1<sup>st</sup> trimester (<=12 weeks) ultrasound differs from calculated gestation by 6 days or more
- Alter the EDD accordingly if 2<sup>nd</sup> trimester (<13-24) weeks differs from calculated EDD by 10 days or more. Do not alter EDD if 1<sup>st</sup> trimester ultrasound is available
- Use earliest ultrasound to estimate EDD if unknown/unsure LMP. The optimal gestation is greater than 7 weeks to 13 weeks
- Adjust EDD accordingly where due date of conception is known i.e. assisted reproduction

### **6. DOCUMENTATION**

- Antenatal record
- Yellow card

### **7. 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
- Available Apps may use different gestation lengths to calculate EDDs and may be inaccurate. 'Wheels' may also have inaccuracies.
- 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

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**CLINICAL POLICIES, PROCEDURES & GUIDELINES**

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Approved by Quality & Patient Safety Committee  
18 December 2014

**ESTIMATING DUE DATE (EDD) cont'd**

- 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 the average length of gestation was 283 days.
- Transvaginal ultrasound is more accurate under 10 weeks gestation, or any time in the first trimester when BMI is increased

**8. RELATED POLICIES / PROCEDURES / CLINICAL PRACTICE LOP**

- Induction of labour guideline for women with a post-dates low risk pregnancy

**9. RISK RATING**

- Low

**10. REFERENCES**

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