

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 1st trimester (<=12 weeks) ultrasound differs from calculated gestation by 6 days or more
- Alter the EDD accordingly if 2nd trimester (<13-24) weeks differs from calculated EDD by 10 days or more. Do not alter EDD if 1st 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

CLINICAL POLICIES, PROCEDURES & GUIDELINES

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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