An audit of polyhydramnios referrals to a tertiary fetal medicine centre

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Introduction
Polyhydramnios – 0.2-1.6% incidence
Majority of cases are idiopathic but may be associated with maternal and fetal disease.

Aims
To categorise antenatal findings related to polyhydramnios in a tertiary referral centre.

Methods
Data collected from referrals over 12 month period. Multiple pregnancies excluded.

Results
120 cases. 36 (30.0%) diagnosed with fetal abnormality.

With versus without fetal abnormality
AFI at diagnosis – 24.4 v 26.8cm (p=0.22).
Estimated fetal weight at diagnosis – 2194 v 1549g (p<0.001).
This finding was due to the difference in gestation at diagnosis – 28.9 vs 32.3 weeks (p<0.001).

Maternal demographics and ultrasound findings recorded (Table 1, Figure 1, Table 2).

Discussion
The degree of amniotic fluid excess alone does not correlate with the presence of fetal abnormality.

Potential for selection bias as mild polyhydramnios with no other concerning features may not have been referred in all cases.

A wide range of associated fetal abnormalities was seen. This reiterates the importance of thorough fetal anatomical examination.

Conclusion
Polyhydramnios may be associated with a wide range of fetal anomalies.
No variation in mean AFI between types of abnormality.
Careful structural assessment is indicated in all cases of polyhydramnios.