Introduction

- Published evidence on the use of routine late trimester ultrasound in low risk pregnant women for the sole aim of detecting growth disorders is lacking.
- Current practice is mostly informed by studies conducted more than 3 decades ago.

Objective

To explore the impact of routine late third trimester ultrasound on the detection of small for gestation age and fetal growth restriction.

Material and methods

- Open label randomised control trial was conducted at the Aga Khan University Hospital, Nairobi.
- Eligible women were randomised
- Intervention arm: A mandatory third trimester ultrasound for fetal growth performed between 36 week 0 days to 37 weeks 6 days.
- Control arm: A selective growth scan done if the clinician suspected abnormal fetal growth.
- Women were then followed up for delivery outcomes.
- Analysis was on intention to treat basis.

Results

- 278 women were recruited with an overall completion rate of 88%.
- A majority (67.8%) were primiparous.
- Overall detection rate of small for gestational age and fetal growth restricted fetus in the intervention groups was 10.9% (95%CI 4.9-16.9) with numbers needed to treat (NNT) of 9.
- Detection rate for fetal growth restriction was 3.6 (95%CI -0.28-7.5) and for small for gestational age was 4.5 (95% CI 0.29-8.8).

Conclusion

Compared to selective third trimester ultrasound, routine growth ultrasound for all low risk women increased the overall detection rate of small for gestational age and growth restricted fetuses.