Delivery Prior to 39 Weeks’ Gestation

General:
Babies born at or after 39 weeks have best chance at healthy outcomes compared to those born prior to 39 weeks.

Gestational Age Designations:
- Early term: 37 – 38 6/7 weeks
- Full term: 39 – 40 6/7 weeks
- Late term: 41 – 41 6/7 weeks
- Post term: 42 weeks and beyond

Example of acceptable indications include but are not limited to:
- Abnormal fetal heart monitoring
- Placental abruption, previa, accreta, classical cesarean, myomectomy
- Chorioamnionitis
- Fetal compromise (eg, severe IUGR, isoimmunization)
- Maternal heart disease
- Maternal medical condition (diabetes mellitus, renal disease, chronic pulmonary disease, worsening chronic hypertension)
- Oligohydramnios
- Preeclampsia, eclampsia
- PPROM
- HIV positive
- Multiple gestations
- Preterm premature rupture of membranes
- Intrahepatic cholestasis of pregnancy

The timing of delivery must be individualized.

No role for amniocentesis in a well-dated pregnancy:
1. An ultrasound at 6—12 weeks’ gestation supports a gestational age of at least 39 weeks
2. An ultrasound at 13—20 weeks confirms the gestational age of at least 39 weeks determined by clinical history and physical exam

References: