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# Antenatal Steroids in the Late Preterm Period

### Purpose: To assist OB providers caring for women in the hospital who are in the late preterm period (34-36w6d) and are at high risk to deliver within the next week and < 37 weeks.

Who is a candidate to receive antenatal corticosteroids during late preterm (LPT) period?

Inclusions:

* Singleton
* GA 34 weeks 0 days to 36 weeks 6 days (LPT)
* High risk for delivery within 7 days and before 37 weeks 0 days
* Women with spontaneous PTL, PPROM, or medical indications requiring delivery

Exclusions:

* Prior Betamethasone therapy during current pregnancy
* Need for urgent delivery
* Chorioamnionitis
* Scheduled cesarean delivery at or beyond 37 weeks

Recommendations:

1. In women 34 weeks 0 days - 36 weeks 6 days who are at high risk for PTB < 7 days (but before 37 weeks of gestation), give BMZ as two doses of 12 mg IM 24 hours apart.
2. In women with PTL symptoms in the late preterm period, we **recommend waiting for evidence of preterm labor, such as a cervical dilatation of at least 3 cm or effacement of at least 75%,** before treatment with betamethasone.
3. Do not use tocolysis ≥ 34 weeks for spontaneous preterm labor. We recommend against tocolysis in an attempt to delay delivery to complete steroid course.
4. Do not do expectant management for betamethasone benefit for women with PPROM or preeclampsia with severe features ≥ 34 wks.
5. In cases of women with medical indications for preterm birth, do not use betamethasone unless there is a definitive or highly probable plan for late preterm delivery.
6. Do not admit women to the antepartum service during the late preterm period (34-36 6/7 weeks) solely for the indication of betamethasone therapy.
7. Pre-gestational diabetes and multiple pregnancies will be considered on a case by case basis.
8. We recommend utilizing standard guidelines for the assessment and management of neonatal hypoglycemia in late preterm newborns.

**References**:

Gyamfi-Bannerman C, Thom EA, Blackwell SC, Tita AT, Reddy UM, Saade GR, Rouse DJ, McKenna DS, Clark EA, Thorp JM Jr, Chien EK, Peaceman AM, Gibbs RS, Swamy GK, Norton ME, Casey BM, Caritis SN, Tolosa JE, Sorokin Y, VanDorsten JP, Jain L; NICHD Maternal–Fetal Medicine Units Network. Antenatal Betamethasone for Women at Risk for Late Preterm Delivery. N Engl J Med. 2016 Feb 4.

SMFM Publications Committee. SMFM Statement: Implementation of the Use of Antenatal Corticosteroids in the Late Preterm Birth Period in Women at Risk for Preterm Delivery. Am J Obstet Gynecol. In press.