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# Antenatal Management of Advanced Maternal Age (AMA)

### Purpose: To assist OB providers managing women who are of advanced maternal age with respect to antenatal surveillance and timing of delivery.

Definition: The age threshold for advanced maternal age (AMA) is defined as ≥ 35 years old at delivery.

Recommendations:

1. Offer non-invasive prenatal screening (NIPT) if the patient desires genetic screening. Positive results should be followed up with diagnostic testing (i.e. CVS, amniocentesis).
2. Targeted anatomy scan (CPT 76811) at 18-22 weeks.
3. Antenatal surveillance should include non-stress tests (NST) starting at 36 weeks gestational age. NST should be performed once weekly for the 35-39 year age group and twice weekly for patients ≥ 40 years old.
4. Follow-up growth ultrasounds at 28 and 34 weeks. These can be performed locally with the OB generalist.
5. Delivery at 39 weeks.

**References**:

Walter KF, Bugg GJ, Macpherson M et al. Randomized trial of labor induction in women 35 years of age and older. NEJM 2016;374:813-22.

Reddy UM, Ko CW, Willinger M. Maternal age and the risk of stillbirth throughout pregnancy in the United States. AJOG 2006;195(3):764-70.