



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Body Mass Index and Infertility Fertility Unit



Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Dr Tokunbo Adeoye and Miss Lilian Ugwumadu

Department: Gynaecology

Version: 1

Published: July 2019

Review: June 2021

If you have any further questions please contact:

Fertility Unit – email: asp-tr.asphfertility@nhs.net
01923 723973

Introduction

Being overweight has an adverse effect on reproduction. In women who need assisted conception (such as Ovulation induction, IVF, ICSI) recent evidence has shown a decrease in pregnancy rates with increasing body mass index (BMI), which is calculated as weight in kg/ height in metres.

World Health Organisation classifies BMI as:

- Normal 19.0 - 24.9 kg/m²
- Overweight 25.0 – 29.9 kg/m²
- Moderate obesity 30.0 – 34.9 kg/m²
- Severe obesity 35.0 – 39.9 kg/m²
- Very severe obesity Above 40.0 kg/m²

Effect of Obesity on Fertility:

- Irregular and/ or infrequent menstrual cycles
- Increased risk of infertility
- Increased risk during fertility surgery
- Reduced success with fertility treatments

Effect of Obesity on Pregnancy:

- Miscarriage
- High blood pressure during pregnancy
- Diabetes in pregnancy
- Birth defects
- High birth weight infants
- Caesarean section
- Postpartum haemorrhage

Benefits of weight loss:

- Weight loss of 5-10% can achieve a 30% reduction in visceral fat and dramatically improve ovulation and pregnancy rates
- Improved health including reduced chances of developing diabetes, high blood pressure and heart disease
- Reduced risk of miscarriage
- Improved self-esteem and well being

Criteria for fertility treatment:

If the BMI is more than 30: we are unable to offer any definitive investigation or treatment. A referral to a dietician will be discussed.

Strategies to achieve a normal/desired BMI:

- Targeted approach
- Change in diet
- Exercise regime
- Expert advice from dietitian
- Lifestyle modification