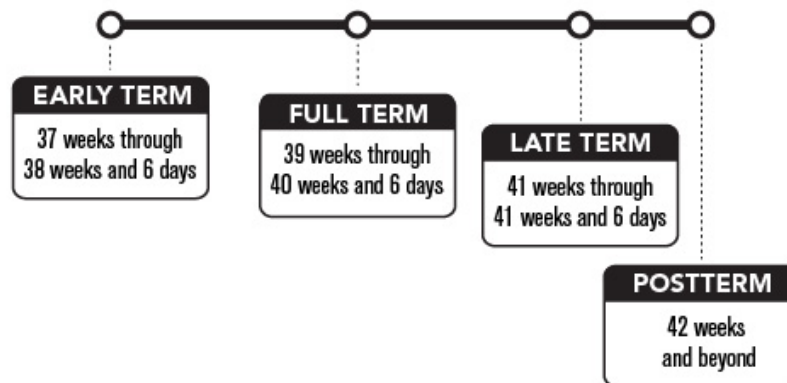


## Full Term starts at 39 weeks.

A pregnancy is now considered full term at 39 weeks. This is an important change. In the past, term pregnancy referred to delivery anytime between 37 weeks and 42 weeks.

The American College of Obstetricians and Gynecologists and the Society for Maternal Fetal Medicine announced new, more specific definitions for deliveries between 37 and 42 weeks.



Why the new terms? Because newborn outcomes are not uniform for deliveries between 37 and 42 weeks.

Research shows that babies do best when they are born between 39 weeks and 40 weeks of pregnancy. Babies born before 39 weeks are at risk for problems—they are more likely to spend time in the neonatal intensive care unit and to have problems with breathing, feeding, and controlling their temperature. They are also at a higher risk for other serious health problems, such as blood infections, and for having a learning disability.

Full term now starts at 39 weeks because babies do best when they have at least 39 weeks in the womb to grow.

Although sometimes delivery before 39 weeks is unavoidable, planned deliveries before 39 weeks should occur only when continuing the pregnancy poses significant health risks to the mother and/or the baby.

If mother and baby are healthy, wait until full term—39 weeks gestation—for delivery.

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