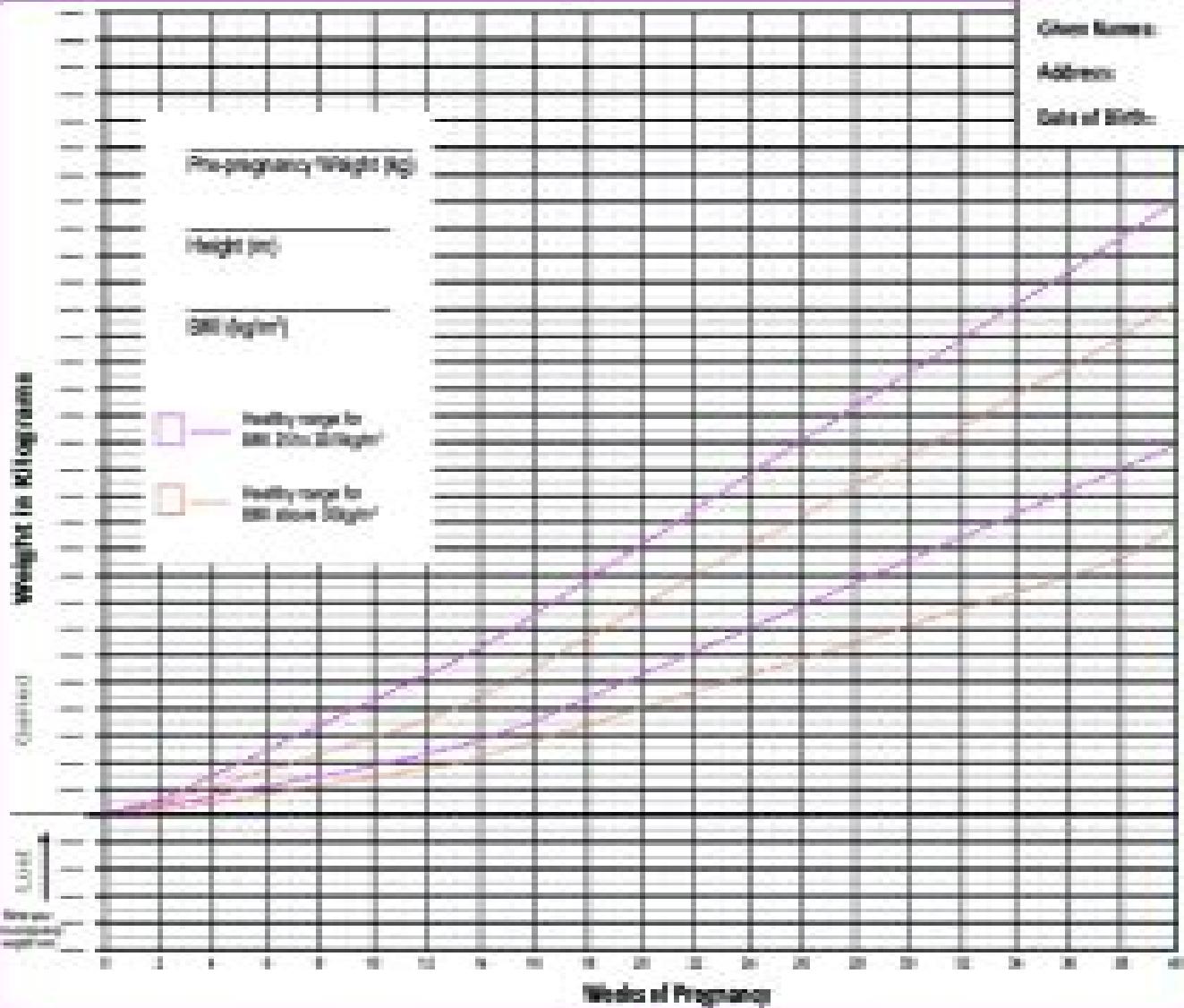


Weight gain chart for twin and triplet pregnancies for BMI 25kg/m² or over



(This patient identification label box)

Mr/Ms:

Family Name:

Given Name:

Address:

Date of Birth:

Sex: M F I

One question to your pregnancy!

How much weight gain is important for your health and the health of your babies? Aim for the healthy weight gain range, using either your pre-pregnancy weight gain range or your target weight gain range. Contact your midwife or doctor if you are worried about your weight gain during your multiple pregnancy.

The amount of weight you should gain depends on your pre-pregnancy body mass index (BMI) before you became pregnant. Use the weight gain ranges on this chart to calculate your target weight gain below to estimate your BMI.

Pre-pregnancy BMI 25-29 kg/m²

Target

25-29 kg

Pre-pregnancy BMI 30-34 kg/m²

Target

30-34 kg

How to use this chart

- 1 Calculate your weight gain range using the following equations:
 - Pre-pregnancy BMI 25-29 kg/m²: $12.5 + 0.4 \times \text{Weeks}$
 - Pre-pregnancy BMI 30-34 kg/m²: $11.5 + 0.4 \times \text{Weeks}$
 Alternatively, you can use the online calculator at www.hscni.ni.gov.uk/weightgain/
- 2 Starting from your pre-pregnancy weight (Week 0) draw a straight line along the left hand side of the graph.
- 3 Weight yourself each appointment and make a vertical line from the scale to the straight line drawn in step 2. This will give you your weight gain.
- 4 Connect the points on the straight line with a line that goes through the points. This should be in between the two lines showing your pregnancy.

Weight Gain Blue Print Manual

Bangor (Me.)

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