OBJECTIVE: The purpose of this study is to evaluate how maternal weight gain during pregnancy affects the obstetrical outcome.

MATERIAL AND METHODS: This is a retrospective cohort study of obese women during early pregnancy and women with normal BMI, followed during 1999-2011.

RESULTS: The sample included a total of 639 women, divided into subgroups based on BMI. Mean age in the obese group was 27.7 +/- 5.2; in the normal BMI group 26.6 +/- 4.8. Both groups had inadequate weight gain. Nevertheless obstetrical outcomes were affected significantly in the first group; PROM (OR 2.36, 95% CI 1.12-5.04) gestation hypertension (OR 2.31, 95% CI 1.12-5.04), gestational diabetes (OR 4.24, 95% CI 1.62-11.74), macrosomia (OR 4.08, 95% CI 1.06-8.41)

CONCLUSION: Maternal obesity in early pregnancy had a wide range of maternal-fetal complications. We strongly recommend intervention in reducing obesity before conception.