

WOULD YOU LIKE TO BECOME PREGNANT IN THE NEXT 12 MONTHS?™

If YES, talk with your rheumatologist about the steps to have the healthiest pregnancy possible.

#1

To have the safest pregnancy possible:

- use medications on the **GO LIST**
- keep your lupus activity as low as possible for you

Having very active lupus during pregnancy puts you and your baby at higher risk for pregnancy loss and preterm delivery.

PREGNANCY COMPATIBLE - ✓ THE GO LIST

- ✓ Hydroxychloroquine (Plaquenil)
- ✓ Chloroquine
- ✓ Azathioprine (Imuran)
- ✓ Cyclosporine (Neoral, Restasis)
- ✓ Tacrolimus (Prograf)
- ✓ Colchicine
- ✓ Prednisone (use sparingly)

INSUFFICIENT INFORMATION - △ THE CAUTION LIST

- △ Rituximab
- △ Belimumab

MAY CAUSE BIRTH DEFECTS - x THE STOP LIST*

- x Methotrexate
- x Mycophenolate (CellCept)
- x Mycophenolic acid (Myfortic)
- x Cyclophosphamide (Cytoxan)
- x Thalidomide (Thalomid)
- x Lenalidomide (Revlimid)
- x Leflunomide (doesn't cause loss or birth defects if stopped and removed with cholestyramine)

*If currently pregnant, STOP immediately. If planning pregnancy, talk with your doctor BEFORE you stop.

#2

IS YOUR LUPUS WELL CONTROLLED?

Work with your rheumatologist to answer these questions.

- Minimal signs of inflammation
- Minimal urine protein
- No flare requiring prednisone in last 6 months
- Check for Ro/SSA or antiphospholipid antibodies

#3

ARE YOUR MEDICATIONS RIGHT FOR PREGNANCY?

- Continue or start GO LIST medications
- Stop STOP LIST medications (if needed, switch to a GO LIST medication)
- Start a daily prenatal vitamin now
- Start aspirin, 81 mg per day, at the end of your 1st trimester
- Discuss any other medications with your obstetrician

#4

WHICH DOCTORS SHOULD YOU TALK WITH?

Ask your rheumatologist which doctors you need on board.

- | | |
|---|--|
| <input type="checkbox"/> Rheumatologist | <input type="checkbox"/> Nephrologist |
| <input type="checkbox"/> Maternal-Fetal Medicine Specialist | <input type="checkbox"/> Cardiologist |
| <input type="checkbox"/> Local Obstetrician | <input type="checkbox"/> Pulmonologist |
| | <input type="checkbox"/> Hematologist |

#5

DO YOU HAVE A PLAN FOR YOUR OTHER HEALTH ISSUES?

IF	THEN
Antiphospholipid Syndrome:	<input type="checkbox"/> Take low molecular weight heparin and aspirin daily 81 mg/day
Ro/SSA antibodies:	<input type="checkbox"/> Monitor fetal echocardiograms in the 2nd trimester for early signs of heart block
Hypertension (high blood pressure):	<input type="checkbox"/> Control with pregnancy-safe medications (NO Ace-inhibitors or Angiotensin Receptor Blockers)
Pain during pregnancy:	<input type="checkbox"/> Take up to 1000 mg of acetaminophen 3 times per day <input type="checkbox"/> Discuss NSAIDs (e.g., ibuprofen, naproxen, etc.) with your obstetrician

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