

PREGNANCY PLANNING For Women With Lupus

Managing the risks of pregnancy with lupus

#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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BIRTH CONTROL FOR WOMEN WITH LUPUS

Women with lupus have many great birth control options!

STEP 1

Talk with your doctor about your personal risk for having a blood clot. For those with a higher risk, the birth control with an **X** are not ideal.

STEP 2

Work with your primary care doctor or gynecologist to get started on the birth control option that fits best with your goals, your life, and your body.

EMERGENCY CONTRACEPTION IS SAFE!

Accidents happen. Emergency Contraception (the "Morning After Pill," Plan B,[®] and similar medications) effectively prevent pregnancy if taken within 3 days of having sex. These are **safe** for all women with lupus, even women at high risk for blood clots.

No prescription is needed and you can buy it from your local pharmacy or Amazon. Emergency contraception does not cause an abortion.

Your gynecologist has other options for emergency contraception that work up to 5 days after sex.

Want more information? Here are some great online places to go for more details:

www.bedsider.org
www.acog.org/Patients

HIGHLY EFFECTIVE
<1% pregnant each year

EFFECTIVE
6-9% pregnant each year

INEFFECTIVE
10-25% pregnant each year

Contraceptive Options		Lupus with LOW RISK for blood clots	Lupus with HIGH RISK for blood clots
Tubal Ligation/Vasectomy		✓	✓
Implant		✓	✓
IUD		✓	✓
Depo Provera		✓	X
Ring		✓	X
Patch		✓	X
Pill with estrogen		✓	X
Mini Pill		✓	✓
Condom		✓	✓
Diaphragm		✓	✓
Sponge		✓	✓
Cervical Cap		✓	✓
Spermicide		✓	✓
Fertility Awareness		✓	✓
Withdrawal		✓	✓