

PREGNANCY PLANNING

For Women With Lupus

Recommendations based on the 2020 ACR Reproductive Health Guidelines*

#1

! Very active lupus
! Taking STOP List Medications **↑ RISK** pregnancy loss & premature birth or birth defects

! Taking GO List Medications
! Keeping lupus activity low (as possible) **↓ RISK** the SAFEST pregnancy possible for you

PREGNANCY COMPATIBLE ✓ GO LIST

- ✓ Hydroxychloroquine (HCQ, Plaquenil)
- ✓ Chloroquine
- ✓ Azathioprine (Imuran)
- ✓ Colchicine
- ✓ Cyclosporine (Neoral, Restasis) [monitor blood pressure]
- ✓ Tacrolimus (Prograf) [monitor blood pressure]
- ✓ Prednisone [use sparingly]

INSUFFICIENT INFORMATION △ CAUTION LIST

- △ Rituximab [only for very active disease]
- △ Belimumab [discontinue at conception]

MAY CAUSE BIRTH DEFECTS X STOP LIST**

- x Methotrexate
- x Mycophenolate (CellCept)
- x Mycophenolic acid (Myfortic)
- x Cyclophosphamide (Cytoxan) [for life/organ-threatening disease in 2nd or 3rd trimester]
- 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
- HCQ recommended for all pregnancies
- Switch from STOP LIST meds to GO LIST meds
- If prednisone >5mg needed then add GO LIST med
- Start aspirin, 81 mg/day, at end of 1st trimester to lower preeclampsia risk
- 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 [see at least 1x per trimester] | <input type="checkbox"/> Nephrologist |
| <input type="checkbox"/> Maternal-Fetal Medicine Specialist | <input type="checkbox"/> Cardiologist |
| <input type="checkbox"/> Local Obstetrician (OB) | <input type="checkbox"/> Pulmonologist |
| | <input type="checkbox"/> Hematologist |
| | <input type="checkbox"/> Dermatologist |

#5

DO YOU HAVE A PLAN FOR YOUR OTHER HEALTH ISSUES?

IF	THEN
Antiphospholipid Syndrome:	<input type="checkbox"/> Everyone: take 81mg aspirin daily <input type="checkbox"/> If you had a blood clot: therapeutic dose low molecular weight heparin (LMWH) <input type="checkbox"/> If you never had a blood clot: prophylactic dose LMWH
Ro/SSA antibodies:	<input type="checkbox"/> Hydroxychloroquine 400mg/day - cuts the risk for heart block in half <input type="checkbox"/> Consider fetal echocardiograms in the 2nd trimester
High blood pressure:	<input type="checkbox"/> Control carefully [NO ACE-inhibitors or Angiotensin Receptor Blockers]
Pain during pregnancy:	<input type="checkbox"/> Discuss pain medications, including NSAIDs, with your OB

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BIRTH CONTROL AND LUPUS

Women with lupus have many great birth control options!

Recommendations based on the 2020 ACR Reproductive Health Guidelines*

STEP 1

To choose the best method for you, talk with your doctor to find out if you:

- have high lupus activity
- have urine protein (proteinuria) >3g
- are positive for antiphospholipid antibodies (aPL)
- are at high risk for blood clots

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 Method	<input checked="" type="checkbox"/> Recommended <input checked="" type="checkbox"/> Not Recommended		
	ALL women can use these 3 MOST effective methods		
Tubal Ligation/ Vasectomy 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Implant 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
IUD 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Recommendation based on:	LOW blood clot risk	HIGH blood clot risk	
	LOW lupus activity	HIGH lupus activity	-Prior blood clot -Positive aPL -Proteinuria >3g
Depo Provera 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Pill with estrogen 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Ring 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Patch 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Mini Pill 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
ALL women can use these LEAST effective methods			
Condom 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Diaphragm 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Sponge 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Cervical Cap 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Spermicide 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Fertility Awareness 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

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