

High-Risk Pregnancy

What you need to know

What is it?

A high-risk pregnancy is one where mom or baby have a higher-than-normal chance of having problems or complications. As a result, closer monitoring and extra medical care and testing are often needed before, during and after delivery.



What leads to a high-risk pregnancy?

Among other factors, pregnancy can be affected by:

- Older age at pregnancy (usually age 35+)
- Certain medical conditions, including IgA Nephropathy, that you had before pregnancy
- Lifestyle choices, such as poor nutrition, not taking prenatal vitamins, drinking alcohol, smoking, or using illegal drugs

There are also things that can happen during pregnancy that may necessitate closer monitoring. And if you had a medical issue during a previous pregnancy, it's more likely you will have the same problem again. Be sure to talk through your medical history, including any past pregnancies, with your doctor.

Conditions before pregnancy	Possible pregnancy complications
<p>Some examples:</p> <ul style="list-style-type: none"> • IgA Nephropathy • High blood pressure • Diabetes • Being overweight • Thyroid disease • Lupus 	<ul style="list-style-type: none"> • Low birth weight/ growth • Preterm (early) delivery • Longer hospital stay • Kidney or liver damage • Preeclampsia • Gestational diabetes • Birth defects • Issues with the placenta

How can problems be prevented?

In general, the goal is to be in optimal health and have your IgA Nephropathy well managed leading up to and when you get pregnant.

- Pre-pregnancy visits and tests with your obstetrician (OB) and a perinatologist (a doctor who specializes in high-risk pregnancies), ideally well before you get pregnant
- Stopping and/or adjusting medications, as needed
- Good management of health conditions
- Making healthy choices, including not drinking alcohol or smoking, eating healthy foods and taking a prenatal vitamin, staying active, lowering stress

What does closer monitoring mean?

- Coordinated care with your nephrologist, OB, a perinatologist, and others involved with your care
- More frequent prenatal visits
- Additional bloodwork and tests to check kidney function, blood pressure, fetal growth, and more
- Twice weekly fetal monitoring called nonstress tests in the last months of pregnancy (third trimester)
- More frequent ultrasounds (a test that shows moving images of the baby's shape and position)
- Early delivery, if needed