



# Pregnancy & IgA Nephropathy

## Pre-Pregnancy Worksheet, Planning Ahead

If you have IgA Nephropathy and are thinking about getting pregnant, it's important to plan ahead well before you try to conceive.

Both kidney disease and pregnancy can place added strain on the body. Women with chronic kidney disease are more likely to develop preeclampsia, high blood pressure or have a cesarean-section (C-section), pre-term birth and low-weight baby. Advanced planning with guidance from your nephrologist, obstetrician/gynecologist, and a doctor who specializes in high-risk pregnancies will help give you – and your baby – the best possible outcome. **Use this worksheet to write down information that will be helpful for you and your health care team to talk about together.**

**Your age:**

**How many pregnancies have you had (please circle):**

0      1      2      3      4+

**Your stage of kidney disease**

In general, the more advanced your stage of disease, the greater the risk for you and baby.

Stage: \_\_\_\_\_

Stage	eGFR	Image
1	Over 90	
2	89-60	
3a	59-45	
3b	44-30	
4	15-29	
5	Under 15	

**Other medical conditions**

Be ready to discuss your personal health history. In addition to IgA Nephropathy, do you or have you had (check any that apply):

- Diabetes
- Heart disease
- High blood pressure
- Thyroid disease
- Allergies
- Autoimmune diseases, such as lupus, Crohn's disease or colitis
- Polycystic ovary syndrome
- Pregnancy complications  
such as \_\_\_\_\_
- Previous surgeries or hospitalizations \_\_\_\_\_
- Other conditions: \_\_\_\_\_



If you have IgA Nephropathy, any pregnancy would be considered high-risk. A high-risk pregnancy is one in which a woman and the developing baby have a greater chance of having problems that require medical care and closer monitoring. That's why it's important to plan ahead.

If you are thinking about getting pregnant, talk with your care team so you understand what carrying a baby might mean for you and your health and so that you can map out a plan together.

The steps you might need to take will depend on your age, stage of kidney disease and other health conditions, as well as your goals and preferences.

## Medications





**It's important to review your medications—including any over-the-counter medicines or supplements—with your doctor before you get pregnant.** Medications often need to be adjusted or stopped before pregnancy. That's because some can be harmful to the developing baby, including some medications commonly used to treat IgA Nephropathy. You should also start taking a prenatal vitamin, which is rich in folic acid, calcium, iron and vitamins A, B and D. Ask your provider which one is best.

Medication	What it treats/ Why are you taking it?	Keep taking (✓)	Adjust Dose (✓)	Stop taking (✓)

**New medication/supplement:**

## Your goals and concerns

Sharing your life goals for having a family, as well as concerns about how pregnancy might affect you, is important so that you can think things through and make decisions that are right for you.

 <p><b>What are your goals and hopes for getting pregnant? What about ideal timing?</b></p> <p><i>Share your goals and wishes when it comes to having a baby, as well as when you'd like to plan a pregnancy, if it's something you and your care team ultimately decide is safe.</i></p>	 <p><b>What are your main concerns/worries?</b></p> <p><i>Pregnancy is never without risk—even for healthy moms-to-be. With IgA Nephropathy, it's even more important to think and talk about how pregnancy may affect your and/or your baby's health. It's normal to have concerns.</i></p>
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## Weighing the risks and benefits



Think through the benefits and possible harms of having a baby and/or adding to your family. Would this change over time? Talk with your care team so they can offer advice and weigh in too.

Pros	Cons

## Question to ask ?

It's not always easy to know what questions to ask. Here are a few to help get you started:

- How will IgA Nephropathy affect my ability to get pregnant or safely have a baby? What are the risks?
- How early should I start planning ahead before I try to get pregnant?
- When should I find and see a high-risk pregnancy doctor (a perinatologist or maternal-fetal medicine doctor)?
- How might pregnancy affect my kidneys? Will I need more testing to check my kidney function?
- Can pregnancies affected by IgA nephropathy pose any risks to the growth and development of the fetus? Is there a higher risk of preterm birth?
- Will I be able to have a natural birth? How likely is it that I will need to have a c-section or be induced?
- What types of tests will we need to do to monitor my health and kidney function? What about the baby?
- Should I explore other options (adoption, surrogacy, or in vitro fertilization)?
- What about the option of egg freezing before a certain age, or before a certain stage of kidney disease?
- How early should I start taking prenatal vitamins and folic acid prior to conceiving?

**Use this space to write down other information you need to help you think through and make decisions about pregnancy and family planning:**

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**Additional notes:**

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**For more information and resources, visit [igan.org](http://igan.org).**

