



**LIVING WITH IBD**

— Seminar & workshop —

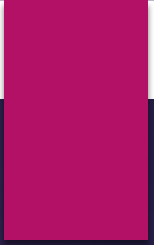
# FERTILITY AND PREGNANCY

**What you need to know and  
maybe were afraid to ask.**

*with*

**DR. SOPHIA SAVVA**





# Fertility and Pregnancy: What you need to know and maybe were afraid to ask?

SOPHIA SAVVA 2021



Women with IBD had a 3 x higher rate of voluntary childlessness and have fewer children than the general population.



# Headlines

- ▶ Pregnancy in IBD is SAFE
- ▶ Planning and disease control is key
- ▶ There are no questions that can't/shouldn't be asked of your IBD team
- ▶ Lots of support and info available

# Before we start....

- ▶ Attend your smear tests!
  - ▶ HPV vaccine
- ▶ Sex
  - ▶ Body image
  - ▶ Libido
  - ▶ Surgery/ostomies
  - ▶ Pain
- ▶ Contraception- Combined hormonal contraception/oral contraceptives
- ▶ HRT

# Fertility

- ▶ IBD can affect the onset and regularity of the menstrual cycle
  - ▶ Hormones can affect symptoms
  - ▶ Endometriosis
  - ▶ Increased rates of voluntary childlessness
  - ▶ Sulphasalazine in men
  - ▶ Methotrexate
  - ▶ surgery
- 
- ▶ BUT Overall men and women with IBD have a similar reproductive capacity to the general population

# Pre-conception

- ▶ Folic acid/B12/vit D/iron/Iodine
- ▶ (Iodine)
- ▶ Review your medication and make a plan with your IBD team
- ▶ Stop methotrexate 6m before
- ▶ Dietary restrictions
  
- ▶ Achieve remission?

# Pregnancy

- ▶ Effect of pregnancy on IBD
  - ▶ If in remission 4/5 stay so
  - ▶ If active only 1/3 achieve remission
- ▶ Most medications are safe except Methotrexate
- ▶ Flare during pregnancy
  - ▶ Drugs, scans, blood clots, endoscopies
- ▶ Birth



# Pregnancy outcomes

- ▶ Preterm birth 3x higher in active disease, foetal loss, low birth weight
- ▶ Early pregnancy loss 10.8% v 10%
- ▶ Ectopic pregnancy 1.1%
- ▶ Gestational diabetes, BP
- ▶ C sections
- ▶ Birth defects
  
- ▶ PIANO

# Post birth

- ▶ Live vaccines
- ▶ Risk of inheritance
- ▶ Breastfeeding

# Resources

- ▶ <https://crohnsandcolitis.org.nz>
- ▶ <https://www.crohnscolitisfoundation.org/>
- ▶ <https://www.health.govt.nz/your-health/pregnancy-and-kids/pregnancy>
- ▶ BUMPS: <https://www.medicinesinpregnancy.org/Medicine--pregnancy>
- ▶ PIANO- <https://gastroenterology.ucsf.edu/piano>

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