

# Parenthood With Kidney Failure: Answering Questions Patients Ask About Pregnancy



## Delivery rates in women receiving hemodialysis

Increased from 2.1 to 3.6/1000 patient-yrs. (2002 to 2015 USRD)



## Preparing for a Pregnancy

Maternal health should be optimized across a range of domains: medication exposures, correction of anemia, control of infection, smoking cessation, blood pressure, blood sugar and updated vaccination.



## Men With Kidney Failure

- Uremic environment effect has detrimental effects on male sex hormones, erectile function, sperm quality, and fertility.
- Men receiving kidney replacement therapy do successfully father children with excellent outcomes.



\*USRD: United States Renal Data System

## Timing of pregnancy for transplant recipients

Minimum 1 to 2 yrs. post-transplant for lower risk of rejection and infection, switch to nonteratogenic drugs and optimization of overall health

### Birth rates Transplanted women



Around 72% to 93%, similar to or higher than that observed in the general population, but early pregnancy loss remains high

### Acute rejection during pregnancy



Reported in 1% to 10% of pregnancies

### Mode of delivery



Based on obstetrical reasons

### Breastfeeding



True contraindications are extremely rare, and benefits outweigh the minimal risk

## Should I Have a Baby?



Important role of dedicated counselling and shared decision to reflect patients' values and preferences, clinical context and complexity, the level of risk they are willing to accept, with the level of autonomy they desire.

## When is the Best Time for Me to Have a Baby?



The optimal "window" for pregnancy reflects biological factors (age, CKD stage, likelihood and timing of transplantation, comorbidities, and potential fertility) and social factors and individual context.

## What Happens if I Have an Unexpected Pregnancy?



Decision-making around continuation of an unplanned pregnancy depends on the gestational age, potential teratogenic exposures, risks of miscarriage, risk of proceeding with pregnancy, and patient preferences.

## Will Pregnancy Be Dangerous for Me or My Baby?

Women with kidney failure have 2- to 10-fold risk of adverse maternal-fetal outcomes



CKD: Chronic kidney disease