

Pregnancy Discussion Printable Guide For Kidney Patients



Providence
Health Care



+ Risks to the Pregnant Person

How might pregnancy affect my kidney disease or kidney function?

Could pregnancy speed up kidney damage or increase my chance of kidney failure?

What are my risks for:

	High Risk	Low Risk	Unknown Risk
Worsening Kidney Function			
High blood pressure during pregnancy			
Pre-eclampsia or Eclampsia			
Gestational Diabetes			
Urinary Tract Infection			

Are there any other risks to my own health that I should be aware of?

Would having multiple pregnancies, or carrying twins/multiples, increase risks to my kidneys or overall health?

Are there any ways to reduce the risk of pregnancy?

+ Risks to the Baby

Does my kidney disease increase risks for my baby?

What are the chances of fetal complications (e.g., fetal growth restriction, premature birth, low birth weight, neonatal support in the NICU, miscarriage, or stillbirth)?

Could my baby inherit kidney disease or have other long-term health problems?

+ Medications and Treatments

Can we review my medications one at a time so I can understand:

- Are my current medications safe for the baby during pregnancy?
- Which medications should I stop before trying to conceive, and are there safer alternatives I can switch to during pregnancy?

Medication Name	Safe while trying to conceive?	Safe for pregnancy?	Alternatives	When to stop taking

Are there any vitamins or supplements I can take to prepare my body for pregnancy?

Are there any new medications I might need to start when I am pregnant?

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+ Dialysis and Pregnancy

Will pregnancy change my dialysis type, schedule, or intensity?

Will dialysis affect the baby's growth and development?

+ Kidney Transplant and Pregnancy

How long should I wait after a kidney transplant before becoming pregnant?

Is my transplant functioning well enough for pregnancy?

Could pregnancy increase the risk of transplant rejection or damage?

Will pregnancy affect the long-term health of my transplant?

+ Healthcare Team and Monitoring

Health Care Provider	Frequency of Visits		
	First Trimester	Second Trimester	Third Trimester
Kidney Doctor			
Obstetrician/Midwife			
Maternal Fetal Medicine			
Primary Care Provider			
Endocrinologist			
Other:			

How often will I require monitoring, such as blood tests, urine tests, ultrasounds, or blood pressure checks?

Who should I contact if I develop symptoms or complications?

What red flag symptoms should I watch for during pregnancy?

Which hospital is recommended for delivery?

Alternatives

If pregnancy is not recommended for me at this time, is there a time in the future that might be better?

Do you recommend any strategies for growing my family that do not require me to carry a pregnancy?
