

The Scottish Adult Cystic Fibrosis Service- Edinburgh

Cystic Fibrosis & Pregnancy- Information for women with Cystic Fibrosis who are pregnant

Information for Patients

This leaflet describes the policy of the Adult Cystic Fibrosis (CF) Unit and the CF Antenatal Team for managing women with CF who are pregnant.

Successful pregnancy is possible in well women with CF, but because of CF these pregnancies are always regarded as high risk.

Challenges to your health include:

Early Pregnancy

Treating chest infections is more difficult because some of the best usual antibiotics cannot be used as they would be harmful to your unborn child. Selected antibiotics are needed and your CF doctor and CF pharmacist can advise you on the best treatment options.

Throughout Pregnancy

The expected weight gain can be very difficult to achieve, as your growing baby needs energy in addition to your usual high energy requirements. The CF dietitians are closely involved in helping to maximise your nutrition during pregnancy.

Pregnancy-related (gestational) diabetes is common in women with CF, even if you have never had diabetes before. High blood glucose levels are harmful to your developing baby and also to your health, increasing the risk of difficult chest infections. Insulin treatment may be needed to manage your glucose levels. The CF Team work with the diabetes experts in the Metabolic Unit to help you with these challenges.

If you already have impaired glucose tolerance or CF related diabetes, tighter control of your self-checked glucose levels and HBA1c (hospital average glucose check) will be advised.

Late Pregnancy

As your baby grows and your abdomen swells, it becomes harder to clear your chest and you may need to adapt your airway clearance technique. Chest infections may become more common and harder to clear. Your CF Team will monitor your chest very closely for this reason.



Delivery

Your baby will be delivered at the Royal Infirmary of Edinburgh, where the necessary specialist staff and facilities are available to manage the risks appropriately.

After Delivery

Pain in the days following delivery can make coughing and airway clearance particularly hard, especially if you need to have a Caesarean section. The CF physiotherapy team liaise closely with colleagues at the obstetric service to help patients through this time.

Looking after a newborn infant

This can make it very difficult for you to keep your own health under control. The whole CF Team are there to support you throughout and beyond this period.

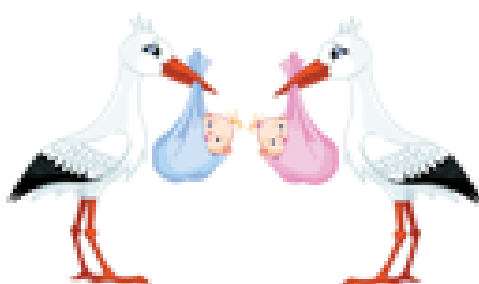
Joint Clinic

To best manage these risks, it is essential that you are managed throughout your pregnancy by the specialist CF Antenatal Team. For patients attending the CF clinic at the Western General Hospital, this means regular and increasingly frequent attendances at the Western where you will be reviewed jointly by members of the CF Team and by obstetricians and diabetes specialists who have experience in managing CF in pregnancy. Depending on what your blood glucose levels have been like in the past, we may ask you to monitor your blood glucose regularly.

If you already have diabetes, you will need to monitor your blood sugar levels at least four times every day.

Clinic visits are at least every 4 weeks and may last up to two hours. If you have diabetes or if there are any concerns over your health, we may need to see you weekly or sometimes even twice weekly.

We appreciate that if you live outside Edinburgh, you may find this additional burden of travel unwelcome. However, given the risks outlined above, we strongly advise you to make use of the specialist expert care available in Edinburgh.



For further information please contact us at:

The Scottish Adult Cystic Fibrosis Service

Ward 54, 1st Floor

Anne Ferguson Building

Western General Hospital

Crewe Road South

Edinburgh

EH4 2XU

Or visit our website at:

<http://www.nhsllothian.scot.nhs.uk/Services/A-Z/CysticFibrosisAdultService/Pages/default.aspx>

Contact Telephone Numbers

CF Office Tel: (0131) 537 1762

CF Secretary: (0131) 537 1781

Public Transport and Travel Information

Bus details available from:

Lothian Buses on 0131 555 6363 www.lothianbuses.co.uk

Traveline Scotland on 08712002233 or www.travelinescotland.com

Train details available from:

National Rail Enquiries on 03457 484 950 or www.nationalrail.co.uk

