

- 1 Active arthritis in pregnancy increases the risk for early delivery.
- 2 Use pregnancy-compatible medications to control arthritis.
- 3 Prevent a post-partum flare with breastfeeding-compatible medications.

## PREGNANCY-COMPATIBLE MEDICATIONS:

These medications are also compatible with breastfeeding.

- **TNF-inhibitors**
- **Hydroxychloroquine** (or Chloroquine)
- **Sulfasalazine** (with 2mg folic acid each day)
- **Azathioprine**
- **Steroid joint injection**
- **Prednisone** (use sparingly for flares)

### TNF-INHIBITORS:

Certolizumab (Cimzia®) does not cross the placenta and can be continued throughout pregnancy.

Adalimumab (Humira®)  
 Infliximab (Remicade®)  
 Etanercept (Enbrel®)  
 Golimumab (Simponi®)

Cross the placenta in the 2nd half of pregnancy. Consider holding for the last 1-2 months of pregnancy to limit transfer to the baby

## NOT PREGNANCY-COMPATIBLE MEDICATIONS:

	Risk of Pregnancy Loss	Risk of Birth Defects
<b>Methotrexate*</b>	~ 40%	~ 10%
<b>Mycophenolate* and Cyclophosphamide*</b>	~ 40-50%	~ 25%
<b>Leflunomide*</b>	no increase with cholestyramine washout	
<b>New, oral, small molecules medications*</b>	unknown and medication likely crosses the placenta	

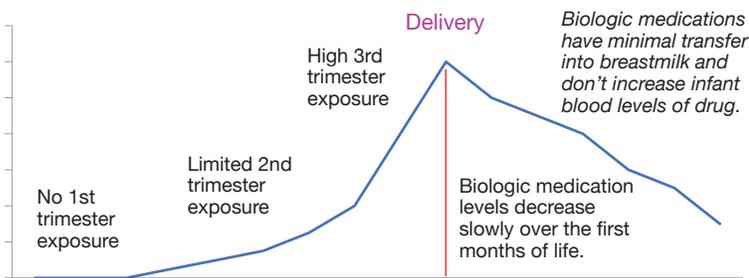
\*Stop these medications at least 1 menstrual cycle before pregnancy.

### NEW BIOLOGICS:

- Recommend avoiding, when possible
- Limited safety data
- Same transfer as illustrated (no 1st trimester transfer and high transfer near delivery)

## BIOLOGIC MEDICATION EXPOSURE:

Infant exposure to the mother's biologic medications



## BREASTFEEDING:

### Compatible Medications

- All pregnancy-compatible medications
- All biologics, including all TNF-inhibitors and newer injectable or IV medications
- Methotrexate can be considered if breastmilk is dumped in the 24 hours after the weekly dose

### Avoid

- Mycophenolate and cyclophosphamide
- New oral small molecule medications, including tofacitinib, baricitinib, apremilast, and others

## BIRTH CONTROL IS CRITICAL WHEN

- Taking high risk medications<sup>#</sup>
- Rheumatic disease is very active
- A woman doesn't want to get pregnant

## #HIGH RISK MEDICATIONS

	Pregnancy Loss	Birth Defects
<b>Methotrexate</b>	~ 40%	~ 6-10%
<b>Mycophenolate or Cyclophosphamide</b>	~ 40%	~ 25%
<b>Leflunomide</b> <small>WITH cholestyramine washout</small>	not increased	not increased

## TWO IS BETTER THAN ONE

Combine two forms of birth control to reduce the chance of pregnancy.

### Hormonal Contraception

**7**  pregnancies per year out of 100 women

### Condoms

**15**  pregnancies per year out of 100 women

### Combined: Hormonal Contraception + Condoms

**1**  pregnancies per year out of 100 women

## EMERGENCY CONTRACEPTION

Emergency Contraception (EC) can dramatically decrease the chance of pregnancy when birth control is not used. EC is:

- **SAFE** for ALL WOMEN with rheumatic disease
- **NO** prescription needed for Plan B (buy on Amazon)
- Does **NOT** cause abortion

 **Plan B One-Step®**    **(Rx) ella®**    **IUD**  
See [bedsider.org](http://bedsider.org) for more information

<sup>§</sup>The US MEC (2016) lists implants, LNG-IUD, & POP as Category 3 for women with lupus due to potential for increased thrombotic risk, yet these contraceptives are Category 2 for women with a prior clot or cardiovascular disease; current data does not indicate that implants or POP increase risk for clot.

**HIGHLY EFFECTIVE**  
<1% pregnant each year

**EFFECTIVE**  
6-9% pregnant each year

**INEFFECTIVE**  
10-25% pregnant each year

Use Emergency Contraception if you haven't been taking your birth control 100% of the time!

## Contraceptive Method

✓ Recommended  
✗ Not Recommended

### ALL women can use these 3 MOST effective methods

Tubal Ligation/ Vasectomy		✓
Implant <sup>§</sup>		✓
IUD <sup>§</sup>		✓

### Hormonal Contraception

Other rheumatic diseases   LOW lupus activity   HIGH lupus activity   HIGH blood clot risk

Depo Provera		✓	✓	✓	✗
Pill with estrogen		✓	✓	✗	✗
Ring		✓	✓	✗	✗
Patch		✓	✗	✗	✗
Mini Pill		✓	✓	✓	✓

### ALL women can use these LEAST effective methods

Condom		✓
Diaphragm		✓
Sponge		✓
Cervical Cap		✓
Spermicide		✓
Fertility Awareness		✓

