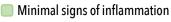
# **Family Planning and Vasculitis**

#### Patients with Vasculitis Planning to Become Pregnant in the Next Year

#### Is Your Vasculitis Well Controlled?

Discuss with Your Rheumatologist

# START HERE



Minimal blood and protein in the urine

No disease activity requiring an increase in prednisone in the last six months

Stable kidney, heart, and lung disease

#### Which Doctors Should be Involved?

This Depends on Your Disease Manifestations

- Rheumatologist
  Pulmonologist
- High-Risk OB/GYN (Maternal Fetal Medicine, MFM)
- OB/GYN Otolaryngologist
- NephrologistCardiologistDermatologist



Strongly Recommended

Azathioprine (Imuran)

Colchicine (Colcrys, Mitigare®)

Prednisone (use sparingly)

Certolizumab (Cimzia®)

Hydroxychloroquine (Plaquenil)



#### **Pregnancy Compatible**

Conditionally Recommended

Cyclosporin/Tacrolimus (monitor blood pressure)

NSAIDs (Meloxicam, Ibuprofen, Naproxen, etc.)

Rituximab (only in very active disease)

TNF inhibitors (discontinue several weeks prior to delivery): Infliximab, Etanercept, Golimumab, Adalimumab

#### **Insufficient Information**

Anakinra (Kineret®)

Abatacept (Orencia®)

Tocilizumab (Actemra®)

Secukinumab/Ustekinumab (Cosentyx®/Stelara®)



#### **Pregnancy Incompatible**

Cyclophosphamide (CYC)
Methotrexate (Rasuvo®, Otrexup®)
Mycophenolate Mofetil (MMF, CellCept®)



# Are Your Medications Appropriate for Pregnancy?

Refer to Medication List on This Handout

- Continue or start GO LIST medications
- Switch from STOP list medications to GO LIST medications
- If prednisone ≥ 10 mg is needed, then add GO LIST medication
- Discuss other medications with your rheumatologist and OB/GYN

#### **Male Patients with Vasculitis**

- Male patients taking Methotrexate can safely conceive with their partner
- Male patients taking Cyclophosphamide should NOT attempt conception or sperm collection during or three months after treatment
- It is recommended to complete sperm collection prior to initiation of Cyclophosphamide
- Cyclophosphamide can cause infertility

#### For more info about VPREG:

www.vasculitisfoundation.org/vpreg/



# Type of Vasculitis Possible Pregnancy Complications These are reported pregnancy complications

These are reported pregnancy complications in women with vasculitis. Properly planning pregnancy, working closely with your medical specialists, and following the above steps minimizes your risk of experiencing these complications.

Small Vessel (GPA, MPA, EGPA) Preterm delivery, preeclampsia, bleeding complications, spontaneous abortion,

low birth weight, intrauterine growth restriction (IUGR)

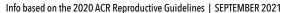
Medium Vessel (PAN) Hypertension (HTN), proteinuria, preterm birth, IUGR

Large Vessel (Takayasu's Arteritis)

HTN, preeclampsia, IUGR, low birth weight

Variable Vessel (Behcet's) Exacerbation of oral ulceration, eye inflammation, preterm delivery, pregnancy loss

GPA: granulomatosis with polyangiitis, MPA: microscopic polyangiitis, EGPA: eosinophilic granulomatosis with polyangiitis, PAN: polyarteritis nodosa Disclaimer: This handout is to be used during conversations with your provider. Please discuss with a medical professional before making medical decisions.



# **Birth Control and Vasculitis**



Discuss the following with your doctor

Patients at high risk for thrombosis (blood clots) should not take birth control containing estrogen



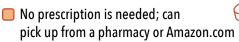
Work with the following doctors to decide which birth control plan is the best fit for you

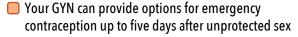
- Primary Care Physician (PCP)
- Rheumatologist
- Gynecologist (GYN)



What about emergency contraception (Plan B)?

- It can be used by ALL women, even in those with history of blood clots, lupus, or vasculitis
- It can be used up to three days after unprotected sex or failed birth control







VASCULITIS PREGNANCY REGISTRY (V-PREG)

#### For more info about VPREG:

www.vasculitisfoundation.org/vpreg/



#### Other Resources:

www.bedsider.org www.acog.org/patients

#### What are my Birth Control Options with Vasculitis?

Highly Effective < 1% Pregnant Each Year

**Tubal Ligation** 

Subdermal Implant (Nexplanon®)

Intrauterine Device

Less Effective 6-9% Pregnant Each Year

Depo-Provera®\*\*

Pill with Estrogen\*\*

Vaginal Ring\*\*

Patch\*\*

Mini Pill

Least Effective 10-25% Pregnant Each Year

Diaphragm

Sponge

Cervical Cap

Spermicide

**Fertility Awareness** 

### **Birth Control Options for Male Patients**

Highly Effective < 1% Pregnant Each Year

Vasectomy

Least Effective 10-25% Pregnant Each Year

Condom

Withdrawal Method

**Fertility Awareness** 

<sup>\*\*</sup>Should not be used in patients at risk for blood clots or have a history of blood clots