

IBD & pregnancy Discussion guide

Planning on having children?

Getting answers to these questions can help get you started

This easy-to-use checklist can be your guide to open and ongoing conversations with your health care providers (HCPs) before, during, and after your pregnancy.



Before you get pregnant

1. How can I best prepare myself and my body for pregnancy?
2. What kinds of tests should I think about because of my IBD?
3. What kinds of doctors do I need to see to help manage my care now and throughout pregnancy?
4. What is the risk of my child developing IBD?
5. Are there changes that should be made to my treatment plan now, that will better prepare my body for pregnancy?
6. How may my current IBD medicines affect my ability to get pregnant?
7. How do I keep my disease under control?
8. How long should I be in remission before getting pregnant?
9. What if I need surgery for my IBD? Will that impact my ability to get pregnant?
10. Who should I contact with questions in between appointments?
11. What symptoms should prompt me to seek medical care?

While you are pregnant

1. Will the medicines I take affect the health of my baby? Will they be safe to use during pregnancy? _____
2. With IBD, am I eligible for an epidural? Will I be able to receive pain medications during labor? _____
3. What can I do to best manage my disease? _____
4. What type of diet or nutrition plan should I follow during my pregnancy? _____
5. What kinds of vitamins or supplements will I need to take, if any? _____
6. Are there any medicines, either prescription or over-the-counter, that I should avoid? _____
7. What factors are important for me to think about when deciding on a natural (vaginal) versus cesarean delivery? _____
8. Is breastfeeding safe if I am taking my IBD medicine? _____

After you give birth

1. What sort of follow-up care do my baby and I need? _____
2. Can I start taking my treatment again right after I have my baby? Should my dose be adjusted once I've lost the baby weight? _____
3. Which of my doctors should I see first following delivery? _____
4. What is my risk of a postpartum flare? If I have one, how can I manage it? _____
5. Do I need to follow special dietary plans while breastfeeding? _____
6. Is my IBD diagnosis something I should share with my child's pediatrician? _____
7. Should my child's vaccination plan be different? _____
8. What are my birth control options? _____

Additional resources

The reality is, with proper planning and care, you can have a successful pregnancy!

Looking for more resources and helpful tips about IBD and pregnancy?

ibdparenthoodproject.org is a great place to start.