



# Pregnancy and contraception: facts for patients after renal transplantation

## Information for patients from the Renal Transplant Services Team

Female fertility following a transplant can return quickly. It is therefore important that you address your contraception needs before having sex after your transplant. This leaflet is not meant to replace the information discussed between you and your doctor, but can act as a starting point for such a discussion or as a useful reminder of the key points.

### What are my contraceptive options following transplant?

You can discuss contraception options with your GP. All options are available to you, although it would be sensible to choose an option with a high success rate.

### What should I consider before trying for a baby or getting pregnant?

- There are a number of drugs including immunosuppression that you may be taking which could affect the normal development of the foetus. Therefore before planning your pregnancy you must talk to us. We can discuss this in clinic where we can adjust your medications and advise you accordingly. We will also offer you the opportunity to attend a specialist renal and obstetric pre-pregnancy clinic at Guy's Hospital.
- Whilst drugs are less likely to impact on male fertility and on the foetus, we would also recommend that men who are planning to start a family should ask for advice as they may need to adjust their immunosuppressive medication.
- We advise women to wait at least one year after transplantation, before becoming pregnant. It is also important that you have been stable with no complications. This reduces the possible risk of kidney transplant rejection if your immunosuppression medications need to be altered.



## Are there risks to having a baby?

Providing you have good baseline kidney function and stable blood pressure at the time you become pregnant, there is only a very small risk to your transplant by having a baby.

Babies born to mothers after kidney transplant do have an increased risk of premature birth or low birth weight. However, with careful planning there is every reason to believe you can successfully have a family in the future.

If you have received a kidney and pancreas transplant, pregnancy is more complex with further increased risks and will need more careful monitoring. Delivery often needs to be by caesarean section, which demands the attendance of a transplant surgeon.

## Further information

If after reading this leaflet you still have concerns or questions, please discuss these with your renal consultant at your next appointment.

**This leaflet has been produced with and for patients**

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Patients should not bring in large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhuft.nhs.uk/patientinformation](http://www.ekhuft.nhs.uk/patientinformation)