

PIDD and Pregnancy



For women who have primary immunodeficiency disease (PIDD), pregnancy can have special challenges. These simple steps can help you stay healthy and happy while you're pregnant.

All pregnant women, but especially those who have PIDD, should:

- Stay well hydrated
- Exercise
- Get enough sleep
- See their obstetrician for all regular appointments

Here are some more steps you can take if you have PIDD.

Before pregnancy

- If you take immunoglobulin G (IgG), talk with your immunologist if you're thinking about getting pregnant. IgG therapy might have risks during pregnancy. Your immunologist can help you decide what is best for you.

Early pregnancy

- Tell your immunologist that you're pregnant. They might want to see you more often.
- If you and your immunologist have decided that you should continue your IgG therapy, take your IgG as prescribed. It helps to keep a calendar to remember when your next infusion is.
- Don't stop taking your IgG without talking to your doctor.
- Talk to your doctor about regular blood draws to check your IgG trough level – the lowest level your IgG reaches. Your doctor might need to adjust your IgG dose throughout your pregnancy.
- Don't take any medications your doctor hasn't approved.

Mid-pregnancy

- Continue any lab monitoring your doctor has ordered. This is important throughout your pregnancy.

Late pregnancy

- Tour the hospital or birthing center. Find out if you will share a room with someone else, which could raise the risk of germs. See if your insurance will pay for a private room.
- Register in advance. Make sure the hospital knows about your PIDD.
- Plan how you will infuse during your hospital stay if you need to. You might need to get orders from your doctors.
- Talk to doctors and let them know about your PIDD. Ask if they have a waiting room for sick children. This can help lower exposure to germs when you bring your child for well-baby visits.
- Include in your hospital bag:
 - Infusion orders from your immunologist
 - Medications, pumps and other supplies you will need if you self-infuse.
 - House shoes for the hospital floor

SCIG and Pregnancy

If you use subcutaneous immune globulin (SCIG) therapy, here are some more tips:

- As your belly grows, you might not be able to use it as an infusion site. Try infusing in your thighs or the areas under your arms.
- Be ready to lower your infusion rate if you have a reaction at your needle sites. If you have problems with your sites leaking, discuss this with your nurse. You might need a different needle length. Optum Infusion Pharmacy can help you with these things.
- Prepare all the supplies you will need to self-infuse and put them in your hospital bag. Don't forget the pump!

You and Your Newborn

Here are some tips to follow once you're at home with your baby.

- Eat a healthy diet.
- Stay well hydrated.
- Exercise when you can.
- Get lots of rest.
- Ask for help when you need it.
- Keep up with your infusions. This will help your energy levels.
- Discuss breastfeeding options with your doctors.
- Keep hand sanitizer in the nursery and your diaper bag. Wash your hands frequently, especially when changing diapers.
- Ask your doctors whether your baby should be tested for PIDD.

For more information

Visit specialty.optumrx.com/infusion

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