

Effects of pregnancy on health: certain aspects of importance for women with cystic fibrosis

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Suggested visit schedule pregnant CF women

Initial visit

1. Visit with CF clinician for clinical status, including heart/lung auscultation, blood pressure, weight and spirometry.
2. Sputum culture
3. Blood test (infection parameters, blood glucose, vitamin A/E, iron and essential fatty acid levels)
4. Echocardiography as needed.
5. Visit with physiotherapist, dietician, social worker/psychologist and special OB/GYN clinic.

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Suggested visit schedule pregnant CF women

Following visits

1. As above.
2. Change of oral vitamin supplements to increase intake of folic acid and iron during pregnancy.
3. Generous use of antibiotics when signs of low-grade infection.
4. Generous use of nutritional supplements to obtain adequate calorie intake.
5. Physiotherapy.

Post-delivery and during lactation

Close contact as above.

ns schema

INIZIO GRAVIDANZA + mensilmente:

- Glicemia
- Emocromo +formula
- PCR
- GOT/GPT
- Albumina
- Na, K, Cl plasmatici
- Creatinina
- Esame urine

INIZIO GRAVIDANZA

- Emogruppo
- Test di Coombs indiretto (mensile se Rh neg)
- Toxo, CMV e Rubeo IgM e IgG (mensile se neg)
- VDRL / TPHA
- HbSAg, HCV, HIV

MONITORAGGIO MENSILE

- Parametri antropometrici peso- altezza
- Valutazione clinica di tutti gli apparati
- Valutazione fisioterapica, SpO2, FR, PFR
- Coltura dell'espettorato + ABG

VISITA OSTETRICA ED EVENTUALE ECO FETALE

MONITORAGGIO SETTIMANALE a fine gravidanza

FEV1 < 50, ipossiemia, ipertensione polmonare, ipertensione arteriosa, diabete, malnutrizione

INIZIO GRAVIDANZA + trimestralmente:

- Hb glicata
- sideremia, ferritina, transferrina
- Gamma GT
- Bilirubina tot e frazionata
- Fosforo, calcio, magnesio
- Protidemia tot. ed elettroforesi
- INR, aPTT, Fibrinogeno
- Pletismografia

da valutare:

IgE totali, RAST Aspergillus
Precipitine antiaspergillo
Vit B12, folati, omocisteina
Vit D (1,25 diidrossi vitD)
Emogas
Amilasi-lipasi
Sali biliari

ECG inizio e fine gravidanza

EcoCG (se necessario 1°- 3° trim)

Minicurva da carico glucosio

OGTT 75 g 24°- 28° sett



Kristian
Chiara
Gabriele
Riccardo
Tommaso
Mattia

