PREGNANCY WITH CKD

Aarti Pillai
FIRST PREGNANCY 2001-2002

• At the start of pregnancy: serum creatinine 2.3 mg/dL

• Difficult to find a nephrologist who accepted to follow...

• Delivery by Caesarean section due to “preeclampsia” at 31st week

• Weight of the newborn baby girl 1120 grams.
SECOND PREGNANCY 2008-2009

- At the start of pregnancy: serum creatinine 3.6 mg/dL
- Admitted to the hospital at the third month of pregnancy, due to high serum creatinine level and proteinuria (1-3 grams through pregnancy)
- Remained hospitalized up to delivery (34 weeks, caesarean section, weight of the newborn 1410 grams)
- Re-hospitalized the day of hospital discharge in the ICU due to hypertensive crisis (210/130 mmHg)
DIALYSIS AND TRANSPLANT

• Dialysis in the year 2012
• Transplant 1\textsuperscript{st} April 2013 (after three years of 2\textsuperscript{nd} pregnancy.)
DURING PREGNACY : MAIN ISSUES

• FEAR AND STRESS
• COMUNICATION WITH THE DOCTORS
• FOOD AND NUTRITION
• THERAPY
• BLOOD PRESSURE
Doctors’ comment 2023

• At that time we had very little experience with pregnancy in advanced CKD

• Dialysis start was considered exceptional and incompatible with successful pregnancy outcomes (baby and mother alive)

• This experience lead us perform a systematic review on pregnancy and dialysis to show that it was possible (CJASN 2010)

• Aarti’s story makes us appreciate NOW how much we learnt and how many things changed, especially after 2014 (Hladunewich JASN)