COMPILCATIONS OF PREGNANCY

CHOLESTASIS IN PREGNANCY

CHOLESTASIS (SUSPECTED): MATERNAL FETAL ASSESSMENT UNIT – QUICK REFERENCE GUIDE

This Quick Reference Guide must be used in conjunction with its respective Clinical Guideline, Section Cholestasis in Pregnancy.

CRITERIA FOR REFERRAL

All women equal to or more than 20 weeks gestation experiencing intense pruritis (usually of hands and feet) in the absence of a skin rash.

ASSESSMENT

1. Document a maternal history. Note where pruritis is felt. When did the pruritis commence? Is it worst at night? Is a rash present? Note other symptoms e.g. steatorrhea, jaundice, malaise.
2. Record baseline maternal observations – temperature, pulse, blood pressure and urinalysis.
3. Perform an abdominal palpation, noting:
   • Fundal height
   • Lie and presentation (as appropriate for gestation)
   • Uterine tenderness/irritability/fetal activity
4. Assess fetal wellbeing
   • Auscultate the fetal heart rate
   • Perform a CTG if more than 30 weeks gestation
   • Arrange an ultrasound for biophysical profile and fetal wellbeing
5. Investigations
   • Serum Bile Acid levels, preferably fasting levels
   • Full blood picture
   • Liver function tests
   • Coagulation screen (if abnormal liver function)
   • Viral screen for hepatitis A,B and C, Epstein Barr and cytomegalovirus
   • Liver autoimmune screen for chronic hepatitis and primary biliary cirrhosis
   • Liver ultrasound
MANAGEMENT

OBSTETRIC CHOLESTASIS NOT CONFIRMED
1. Discuss signs of cholestasis.
2. Advise women to report persistent symptoms.
3. Provide treatment options for pruritis e.g. calamine lotion and anti-histamines.
4. Inform women how to decrease skin irritants.
5. Review by the Obstetric Team Registrar or Labour and Birth Suite Registrar prior to discharge.
6. Ensure a management plan is documented prior to discharge.
7. Arrange a follow-up antenatal appointment.

REFERENCES (STANDARDS)

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<thead>
<tr>
<th>National Standards – 1.7.2 Clinical Care</th>
<th>Legislation - Nil</th>
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<tr>
<td>Related Guidelines / Policies – Management of a Women with Confirmed Cholestasis</td>
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RESPONSIBILITY

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<tr>
<th>Policy Sponsor</th>
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<tr>
<td>Initial Endorsement</td>
<td>February 2008</td>
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<tr>
<td>Last Reviewed</td>
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