1-2 pregnancies in 1000 is affected by ICP in the USA (Latina at 5.6%)

If your doctor does not have experience with ICP seek a perinatologist or a Maternal Fetal Medicine Specialist who does.

**ONSET**
Typically third trimester, but as early as 8 weeks.

**FOOD OR THOUGHT**

**RISKS**
Fetal Distress and abnormal heart rhythm (21-44%), Meconium Staining (as high as 50%), Preterm Labor, Respiratory Issues, Stillbirth (as high as 15%), Hemorrhage

**DIAGNOSIS**
1. Ask your healthcare provider for a Bile Acid blood test.
2. Total Bile Acids over 10 μmol/L may indicate Intrahepatic Cholestasis of Pregnancy.

**DEFINITION**
Intrahepatic Cholestasis of Pregnancy (ICP) is a liver disorder of pregnancy that leads to elevated bile acids in the blood and poses risks to the unborn baby.

**LIVER FUNCTION TESTS**
The most important measurements in this test for ICP are the levels of the enzymes AST and ALT. Levels above the lab reference range can be used to help diagnose ICP. These tests are readily available and you can expect results quickly often within hours.

60% of women with ICP will have elevated liver enzymes.
10% or less will have elevated bilirubin, which can cause jaundice, or yellowing of the skin.

**SYMPTOMS**
- Intense Itching (palms of hands, soles of feet or all over itch)
- Right Upper Quadrant Pain
- Dark Urine
- Pale Stool
- Fatigue/Malaise

ICP does not appear to increase risk of Cesarean.

**TREATMENT**
MEDICATION: Ursodeoxycholic Acid (Recommended dose 600 - 2,000 mg per day.
EARLY DELIVERY: 36-38 weeks depending upon the severity.
MONITORING: Twice weekly NST (Non Stress Test) & weekly BPP (Bio Physical Profile)

**A FEW LESSER-KNOWN FACTS**
- Even if bile acids are initially normal, you may still have ICP.
- You will need to be retested every 1-2 weeks as long as you are experiencing symptoms.
- Severity of itching does not correlate with bile acid levels.

**ICP CARE**
Your baby’s life is in your hands. Push for proper diagnosis and treatment of ICP!

For more information, links to studies or support from other itchy moms, please visit www.icpcare.org.