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

**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.

**LIVER FUNCTION TESTS**
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 it)
- Right Upper Quadrant Pain
- Dark Urine
- Pale Stool
- Fatigue/Malaise

**TREATMENT**
- Ursodeoxycholic Acid (Recommended dose 600 - 2,000 mg per day).
- EARLY DELIVERY: 36+0 to 37+0 weeks.
- MONITORING: Twice weekly NST (Non Stress Test) & weekly BPP (Bio Physical Profile).

**ICP**
- 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.
- 90% of severe cases will get ICP in a subsequent pregnancy.
- ICP does not appear to increase risk of Cesarean.
- 1-2 pregnancies in 1000 is affected by ICP in the USA (Latina at 5.6%)

**ICP CARE**
- The only cure for ICP is delivery.
- 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.