PREGNANCY OUTCOMES IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE: RETROSPECTIVE DATA FROM A GREEK NATIONAL REGISTRY

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A Greek national retrospective study of 223 pregnancies in 175 IBD patients found that the majority had favorable outcomes, though active inflammation during gestation and ulcerative colitis diagnosis were associated with negative impacts on pregnancy outcomes.

KEY POINTS

- Among 223 pregnancies in IBD patients, 99.1% resulted in uncomplicated delivery, with two late fetal deaths (0.9%) both occurring in patients with continuously active disease since the beginning of pregnancy.
- IBD flares occurred in 22% of pregnancies, with patients with ulcerative colitis at greater risk of disease flare during pregnancy ($p<0.001$) compared to those with Crohn's disease.
- At the beginning of gestation, 74% of patients were under treatment including anti-TNF agents (29%), azathioprine (26%), 5-aminosalicylic acid formulations (61%), and steroids (7%).
- After delivery, 34% of patients presented with a disease flare, which was associated with active disease at the beginning of pregnancy ($p<0.001$).
- The authors conclude their results favor the continuation of IBD treatment during pregnancy, and that close multidisciplinary follow-up of pregnant IBD patients improves maternal and neonatal outcomes.

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