

Pre-conception Checklist

Providers: Review this checklist when planning to discuss your patient's reproductive health plans, if they indicate a desire to become pregnant.



Lupus disease activity

- Establish care with a rheumatologist to assess disease activity
- Low lupus disease activity
- No flares within previous 6 months
- Consider evaluation by high-risk obstetrics/maternal fetal medicine
- Establish care with appropriate organ-specific specialist if needed



Pregnancy risk assessment

- Blood pressure evaluation
- Complete blood count
- Serum Creatinine
- Urine protein to creatinine ratio
- Liver Function Test
- Antiphospholipid Antibody testing
- SSA/Anti-Ro and SSB/Anti-La testing



Pregnancy medication safety

The below medications are compatible with pregnancy.

- Azathioprine
- Chloroquine
- Colchicine
- Cyclosporine
- Hydroxychloroquine
- NSAIDs (until 20 weeks)
- Prednisone, Methylprednisolone
- Rituximab up until conception
- Tacrolimus

If on other medications, need to discuss stopping or switching to medications that are compatible with pregnancy.

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