

# Cholestasis Handout.

Cholestasis in Pregnancy is a complication that can result in adverse effects to the fetus, worse case scenario is sudden stillbirth.

A disorder causing liver dysfunction with high levels of serum bile acids.

Classic presentation pruritus and no rash.

Prevalence worldwide is estimated to be about 1/1000 pregnancies- rates are higher in certain groups Swedish, South American and East Asian origins.

Aetiology is still not fully understood- genetics, hormonal and environmental factors play a part.

Diagnosis confirmed on excluding other causes.

Management is aimed at reducing distressing itch, reducing elevated LFTs and trying to reduce incidence of adverse outcomes.

Currently it is common practice to recommend early elective induction at 37 completed weeks of pregnancy.

Condition resolves after delivery, there is an increased risk of recurrence in subsequent pregnancies.

Research is ongoing to provide evidence-based recommendations for care, therapies and surveillance that improve outcomes for the fetus and mother.