



Doctor Discussion Guide

Answer the following questions and bring this printout with you to your appointment to help discuss your concerns regarding ICP.

1) Describe your itching in detail. _____

2) Is there a rash associated with your itching? Yes No

3) If yes, when did the rash appear? Before itching After itching

4) Do you have any of these other possible symptoms of ICP?
(these symptoms affect a minority of patients)

- Pale (clay colored) stool
- Loss of appetite/nausea
- Dark urine despite adequate hydration
- RUQ pain
- Jaundice

5) Does your itching disturb your sleep? Yes No

6) What, if anything, have you done to relieve itching symptoms? Did these methods help? _____

Blood Tests to request from your Healthcare provider :

- 1) Bile acids (retest if negative and remain itchy)
- 2) Liver functions

Questions to ask your Healthcare provider :

- 1) Will you prescribe Ursodeoxycholic acid (UDCA) if I am positive for ICP?
- 2) When will I deliver my baby if I am positive for ICP?
- 3) What can I do to help relieve itching?
- 4) Can I have a consult with a Maternal Fetal Medicine specialist if I am positive for ICP?