ICP (Intrahepatic Cholestasis of Pregnancy) is a liver disorder of pregnancy that leads to elevated bile acids in the blood and poses risks to the unborn baby.

SYMPTOMS
- Intense Itching (palms of hands, soles of feet or all over itch)
- Right Upper Quadrant Pain
- Dark Urine
- Pale Stool
- Fatigue/Malaise

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

TREATMENT
- MEDICATION: Ursodeoxycholic acid (Recommended dosage 10–21 mg per kg per day)
- EARLY DELIVERY: 36–37 weeks of pregnancy, depending on bile acid levels
- MONITORING: Non-stress tests and/or Biophysical Profiles

DEFINITION
Intrahepatic Cholestasis of Pregnancy (ICP) is a liver disorder of pregnancy that leads to elevated bile acids in the blood and poses risks to the unborn baby.

ONSET
Typically third trimester but as early as 5 weeks

RISKS
Preterm labor, Respiratory issues, Meconium staining and Stillbirth. Risks increase with higher bile acid levels

FOOD FOR THOUGHT
Typically third trimester but as early as 5 weeks

If your doctor does not have experience with ICP seek a perinatologist or a Maternal Fetal Medicine Specialist who does.

DIAGNOSIS
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.

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90% of severe cases will get ICP in a subsequent pregnancy.

A FEW LESSER-KNOWN FACTS
- Even if bile acids are initially normal, you may still have ICP.
- You will need to be retested every 2 weeks as long as you are experiencing symptoms.
- Severity of itching does not correlate with bile acid levels.

LIVER FUNCTION TESTS
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.

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For more information, links to studies or support from other itchy moms, please visit www.icpcare.org.

SEE A DOCTOR!
A back scratcher won’t stop the itch.