“If I Have Inflammatory Bowel Disease (IBD)…”

**MYTH:** Because of my IBD, I can’t get pregnant.

**FACT:** Women with IBD can have healthy pregnancies and babies. Studies show that women who have their Crohn's disease and ulcerative colitis under control, and who have never had surgery, can get pregnant at the same rate as other women in the general public.

**MYTH:** IBD drugs are harmful to take while I’m trying to get pregnant or during my pregnancy.

**FACT:** Most women who are in remission when they get pregnant stay in remission throughout pregnancy. Stopping medication can cause a flare, which is a risk to a healthy pregnancy. Treating your IBD with the appropriate medication may help reduce your risk of a flare and can help lead to a healthier pregnancy. One type of therapy may include a biologic, a medication made from or including a living organism, which has shown to reduce flares (during and after pregnancy) and decrease disease activity.

**MYTH:** I can stop taking my IBD drugs if I feel well before or during pregnancy.

**FACT:** One major risk to a healthy pregnancy is an IBD flare. That's why it's so important to work with your health care team throughout your pregnancy—from start to finish—to stay on top of your treatment plan. Do not stop or change medication without speaking to your doctor first.

**REFERENCES**

I won’t be able to breastfeed my baby while on medication. I only need to talk to my obstetrician/gynecologist (OB/GYN) about my pregnancy care.

Many drugs used to treat IBD can be taken during breastfeeding. It will be important to work with your doctor before you give birth to know which IBD medicines are safe to keep taking after giving birth and while breastfeeding.

Although not everyone will have access to specialty care, pregnant women with IBD should coordinate their care with a maternal-fetal medicine (MFM) subspecialist, and be followed by a gastroenterologist (GI) with a clear expertise in IBD. Your OB and/or MFM should lead your pregnancy-related care.

Your MFM subspecialist will coordinate with your delivery provider of choice to ensure proper planning.

Visit www.IBDparenthoodproject.org for more information and resources.

REFERENCES