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Pregnancy outcome in renal transplant recipients: Indian scenario

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Pregnancy in renal transplant recipient is a high risk pregnancy associated with increased risk of graft rejection and other complications. These patients require close monitoring during their antenatal and postpartum period. This is a retrospective study conducted at tertiary health center in Ahmedabad, from 2004 to 2016. Renal transplant recipients in reproductive age group (20-40 years of age) were included in this study and were followed up in gynecology outdoor patient department. There were 220 female renal transplant recipients, out of which 19 (8.63 %) patients have conceived, as 113 (51.36%) patients had complete family, 3 (1.36%) patients were infertile, 33 (15%) patients were lost to follow up and remaining 46 (20.91%) did not try for pregnancy. Unmarried patients, divorced and widow patients were excluded. Maternal and fetal outcomes were studied. There were 19 patients who conceived, out of which 8 patients had abortions, 2 patients had preterm delivery and 9 patients had full term deliveries. Out of 19 patients, 12 patients were chronic hypertensive. Six patients with chronic hypertension had missed abortion, whereas 2 patients delivered till term being mild hypertensive throughout pregnancy and one developed preeclampsia superimposed on chronic hypertension. Two patients developed newly diagnosed gestational hypertension from 20 weeks of gestation, out of which 1 patient developed preeclampsia at 8 months of amenorrhea. One patient had graft rejection 2 months post abortion and one had cholestasis of pregnancy from 7 months of gestation. On follow up, one patient expired following 1 year after abortion due to tuberculosis meningitis and one patient was on intermittent hemodialysis for 3 months, after 1.5 years of renal transplant. Renal transplant recipients are at risks for many complications during pregnancy, out of which graft rejection is the most grievous one. But with proper peri-transplant and peri-conceptional counselling regarding optimal time for pregnancy, these patients can have good pregnancy outcome.

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