

Postpartum Visit Algorithm: Hepatitis B and/or C

Hepatitis B or C during pregnancy?

Medical Management

• Confirm patient has appropriate follow-up with a physician experienced in the management of hepatitis.

Yes

- Screen for immediate medical needs.
- Consider viral titer if active hepatitis.
- Confirm partner screened and vaccinated.

Breastfeeding

- Not contraindicated for women with **Hepatitis B** if infant received HBIG and vaccination prophylaxis; ensure pediatrician is aware.
- Not contraindicated in **Hepatitis C**.

Contraception

- Barrier contraception recommended.
- If considering hormonal contraception, review for interactions with antiviral medications and be cautious of impaired liver metabolism.
- Consider highly reliable form of pregnancy prevention for patient with acute hepatitis (high viral titer, requiring antiviral therapy).

Planning or at Risk for Pregnancy

- Advise of risk of transmission with every pregnancy, particularly Hepatitis B.
- For patients with acute hepatitis, encourage strict adherence to antiviral therapy and pregnancy prevention regimen until disease is resolved, enters chronic (low viral titer) state, or therapy is completed. Encourage optimization of health prior to next pregnancy.
- Consider viral titer if patient planning pregnancy in near future.

At high risk for hepatitis?

Hepatitis B

- Multiple sex partners
- IV drug use
- Endemic area
- Health care worker
- Recent STD

Hepatitis C

- IV drug use
- Blood transfusion or organ transplant prior to July 1992
- Long-term hemodialysis
- Undiagnosed liver disease (elevated ALT level)
- Recent STD

Yes

- Screen for Hepatitis B and/or Hepatitis C.
- Immunize against Hepatitis B.



Postpartum Visit Algorithm: Hepatitis B and/or C

EVERY DAY

Checklist for Healthy Women

Exercise – 30 minutes a day, 5 days a week

Vitamin – 400 micrograms of Folic Acid per day

Educate yourself about medicines and chemicals that can cause birth defects

Reproductive life planning – set your personal goals for birth control and future children

Yearly doctor visits to discuss physical and mental wellness

Diet – Vegetables, fruits, and whole grains daily

Avoid tobacco, drugs, and alcohol

Your partner, friends, and family should be sources of support

 ${\it Content from every woman california.org used with permission from the Preconception Health Council of California.}$

References:

American College of Obstetricians and Gynecologists. ACOG Practice Bulletin No. 86: Viral hepatitis in pregnancy. Obstetrics & Gynecology 2007;110:941-55.

Centers for Disease Control and Prevention. Sexually transmitted diseases treatment guidelines. MMWR Recommendations and Reports 2006;55(No. RR-11):1-94.

Meyers D, Wolff T, Gregory K, et al. USPSTF recommendations for STI screening. American Family Physician 2008;77(6):819-24.

