Perinatal outcome in women with inflammatory bowel disease under mesalazine treatment
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Objective
Inflammatory bowel disease (IBD) is a lifelong, chronic inflammatory condition of the gastrointestinal tract. IBD morbidity rate in Europe has been steadily growing for the last six decades. Women with IBD are often diagnosed during the childbearing years, which makes the influence of the disease on pregnancy and birth outcomes an important clinical issue. The aim of the study was to estimate the influence of the IBD process under mesalazine treatment among pregnant women on maternal, fetal and neonatal parameters.

Methods
A retrospective analysis of data on 19 patients suffering from IBD diagnosed before pregnancy, who were admitted to the Department of Perinatology and Gynecology of Polish Mother’s Memorial Hospital Research Institute in Lodz for delivery between 2009-2015, was conducted. The control group consisted of 19, random, healthy, pregnant women near delivery. Assessed parameters included: maternal blood count, coagulation factors, maternal body mass index (BMI), gestational age, fetal umbilical artery pulsatility index before delivery, birth weight, Apgar score, pH value of neonate blood sample.

Results
IBD activity status at conception in women receiving continuous mesalazine treatment did not correlate with gestational age (p=0. 598), birth weight (p=0. 472), Apgar score (p=0. 78) or maternal platelet count at delivery (p=0. 914). IBD patients under mesalazine management had lower: i) maternal body mass index (p=0. 009) and platelet count (p=0. 006, ii) neonatal birth weight (p=0. 021) and Apgar score (p=0. 004) as compared to controls. No impact of IBD on the frequency of congenital anomalies was noted.

Conclusion
To the best of our knowledge, this has been the first study conducted among pregnant women with IBD in Poland. The analysis demonstrated that either pharmacological treatment or IBD process had a deteriorating influence on the weight gain in pregnancy, as well as production and activity of platelets. Moreover, it diminished fetal growth and impaired short-term neonatal condition. Further studies with larger sample size are essential, however the scarcity of the disorder limits the possibility of conducting such research.