

Question 16 – November 20

A 31 year old thirty week pregnant G3P2 female presented to clinic with intense pruritis of her palms and soles. On exam, the patient was noted to have excoriations from excessive itching. Laboratory values are notable for:

Hgb: 12.0 g/dL
Platelets: 210,000/uL
Normal Differential
Glucose: 60 mg/dL
Urea Nitrogen: 10 mg/dL
Creatinine: 0.8 mg/dL
Urinalysis: negative for ketones and protein
AST: 550 U/L
ALT: 455 U/L
Total Bilirubin: 3.0 mg/dL
Alkaline phosphatase: 300 U/L
GGT: 45 U/L
Serum bile acid concentration: 30 umol/L
Prothrombin time: 12.0 seconds
Hepatitis A IgM negative
Hepatitis B surface Ag negative
Hepatitis B surface Ab positive
Hepatitis B core IgM Ab negative
Hepatitis C Ab negative

An abdominal ultrasound was performed and did not reveal any abnormalities. Which of the following should be part of the management plan?

- A. Plan for early delivery of the baby at 34 weeks.
- B. Initiation of patient on ursodeoxycholic acid 10-15 mg/kg.
- C. Molecular testing of the patient for long-chain 3-hydroxyacyl-coA dehydrogenase (LCHAD).
- D. Liver biopsy
- E. Monitoring the baby for hyperketotic hyperglycemia.

Answer: B

This patient has intrahepatic cholestasis of pregnancy. USDA has been shown to be of benefit in patients with intrahepatic cholestasis of pregnancy. Early delivery at 37 weeks is recommended because intrauterine death is more common in the last month of pregnancy; few deaths occur prior to this timepoint. Emergent delivery of the baby, molecular testing for LCHAD deficiency of both the mother and the baby, and monitoring for hypoketotic hypoglycemia (a known complication of LCHAD deficiency) should all be performed in a patient suspected to have acute fatty liver of pregnancy. Liver biopsy is very rarely needed to establish the diagnosis of intrahepatic cholestasis of pregnancy.

Reference

http://www.nature.com/ajg/journal/v111/n2/full/ajg2015430a.html?WT.ec_id=AJG-201602&spMailingID=50716433&spUserID=MTIyMzY4MTA1NjIzS0&spJobID=862120780&spReportId=O DYyMTIwNzgwS0