



Intrahepatic Cholestasis of Pregnancy (IHCP)

- Abnormal bile acid (BA) metabolism in pregnancy resulting in severe pruritus without rash.
- Mostly genetic etiology.
- 5% incidence in Yup'ik population.
- 5% incidence of stillbirth.
- MUST have elevated bile acids or LFTs.
- 40-70% recurrence in subsequent pregnancies.

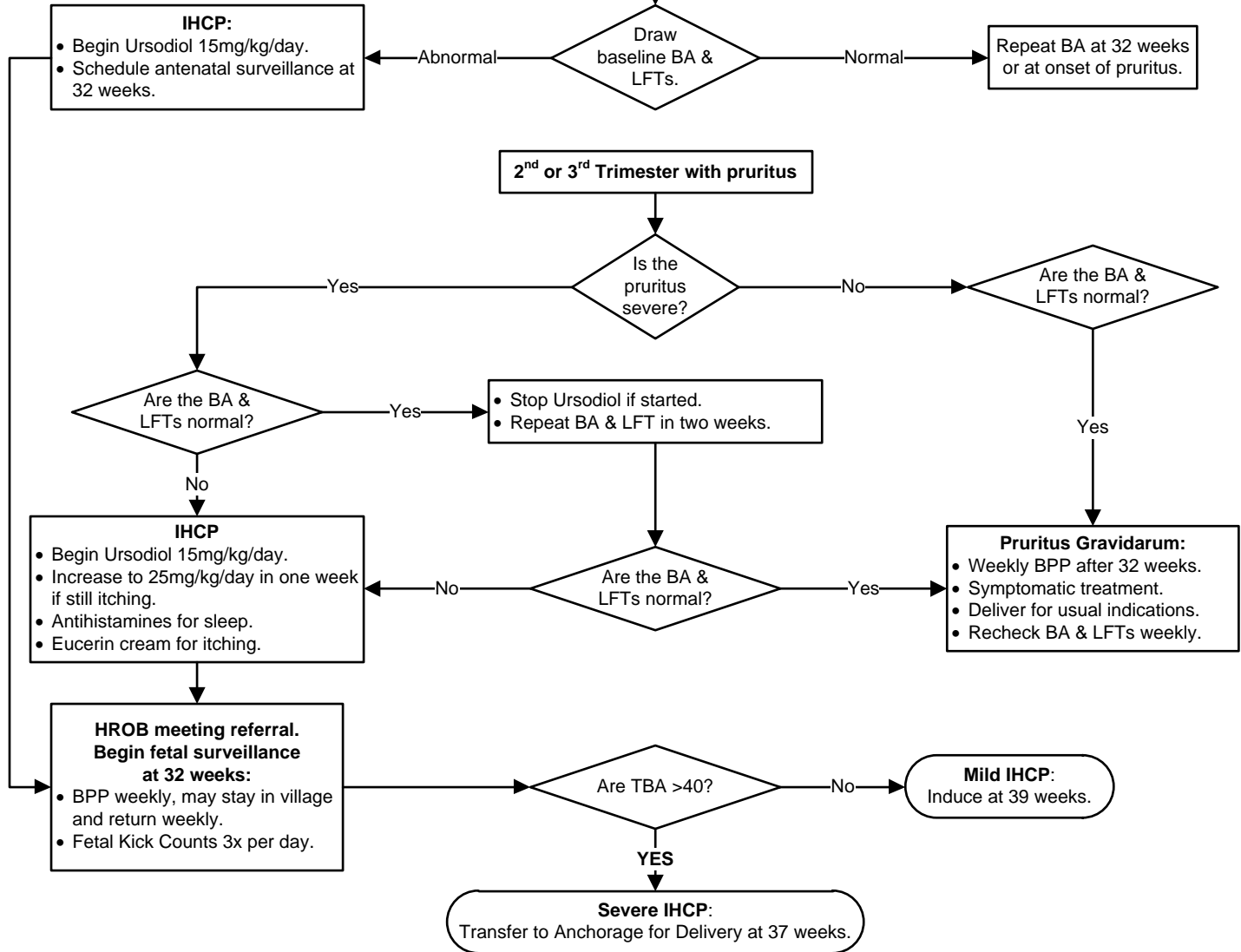
Early Pregnancy:

Consider the diagnosis if:

- History of severe pruritus in past pregnancy
- Unexplained stillbirth
- Hx of IHCP

Severe Pruritus:

- Insomnia.
- Worse on palms of hands and soles of feet.
- Excoriation present.
- Scratching during the exam.



Abnormal Lab levels

Total Bile Acids (TBA)	>10 µmol/L
Cholic Acid	> 3 µmol/L
AST/ALT	>40 units/L
Bilirubin	> 1 mg/dL
Alkaline Phosphatase	>300 units/L

Biophysical Profile (BPP)

- NST
- US including: fetal breathing, tone, gross body motion, and AFI

This guideline is designed for the general use of most patients but may need to be adapted to meet the special needs of a specific patient as determined by the medical practitioner. Approved by MSEC 12/14/16. If comments about this guideline, please contact Ellen_Hodges@ykhc.org.