

Liver Disease and Pregnancy

Evaluation of abnormal liver tests, imaging/endoscopy safety, viral hepatitis B/C, pregnancy-specific liver disorders, and chronic liver disease management in pregnancy.

STRENGTH

Strong

Conditional

 GRADE certainty of evidence shown below each rating.

1 Initial Evaluation & Imaging

STATEMENT	STRENGTH
R1 – Abnormal liver tests: standard workup as in non-pregnant patient	Strong Very Low
R2 – Ultrasound is preferred imaging for suspected biliary tract disease	Strong Low
R3 – MRI without gadolinium usable in 2nd/3rd trimester	Conditional Low
R4 – CT may be used judiciously with minimized radiation (2–5 rad)	Conditional Very Low

2 Endoscopy & Biliary Disease

STATEMENT	STRENGTH
R5 – Endoscopy is safe; defer to 2nd trimester if possible	Strong Low
R6 – Meperidine and propofol acceptable for endoscopic sedation	Strong Moderate
R7 – ERCP when strongly indicated (biliary pancreatitis, choledocholithiasis, cholangitis); minimize fetal fluoroscopy exposure	Strong Low
R8 – Symptomatic cholecystitis: early laparoscopic cholecystectomy	Strong Low

3 Liver Masses

STATEMENT	STRENGTH
R9 – Asymptomatic hemangioma/FNH: no routine imaging or surveillance in pregnancy	Strong Very Low
R10 – Hepatic adenoma: monitor with US for growth; adenoma >5 cm → refer for resection before pregnancy	Strong Low

4 Hepatitis B in Pregnancy

STATEMENT	STRENGTH
R11 – Active-passive immunoprophylaxis (HBIG + HBV vaccine series) to all infants of HBV-infected mothers	Strong Low
R12 – High viral load (≥10 ⁶ copies/mL, ≥200,000 IU/mL): antiviral (tenofovir or telbivudine) in 3rd trimester to reduce perinatal transmission	Strong Low
R13 – No elective C-section for HBV-positive mothers to prevent fetal infection	Strong Very Low
R14 – Chronic HBV: breastfeeding permitted	Strong Very Low

5 Hepatitis C in Pregnancy

STATEMENT	STRENGTH
R15 – Screen anti-HCV only in patients with HCV risk factors – not universal	Strong Low
R16 – Minimize invasive procedures (amniocentesis, invasive fetal monitoring) to prevent vertical transmission	Strong Very Low
R17 – No elective C-section for HCV-positive mothers to prevent fetal infection	Strong Very Low
R18 – Chronic HCV: breastfeeding permitted	Strong Very Low
R19 – Against HCV antiviral therapy in pregnancy for treatment or transmission reduction	Strong Very Low

6 Pregnancy-Specific Liver Disease

STATEMENT	STRENGTH
R20 – Hyperemesis gravidarum: supportive treatment, may require hospitalization	Strong Very Low
R21 – IHCP: early delivery at 37 weeks (increased fetal complication risk)	Strong Very Low
R22 – IHCP: ursodeoxycholic acid 10–15 mg/kg for symptomatic improvement	Strong Moderate
R23 – Preeclampsia with hepatic involvement = severe preeclampsia; deliver promptly after 36 weeks	Strong Very Low
R24 – HELLP syndrome: manage with prompt delivery, especially after 34 weeks	Strong Very Low
R25 – HELLP: consider platelet transfusion to 40–50K before delivery, especially if C-section likely	Conditional Very Low

7 Acute Fatty Liver of Pregnancy

STATEMENT	STRENGTH
R26 – AFLP: prompt delivery required – expectant management inappropriate	Strong Very Low
R27 – Mother + child: molecular testing for LCHAD deficiency	Conditional Moderate
R28 – Monitor offspring for LCHAD deficiency manifestations (hypoketotic hypoglycemia, fatty liver)	Conditional Very Low

8 Hepatitis A/E & HSV

STATEMENT	STRENGTH
R29 – Acute hepatitis in pregnancy: test for HAV, HBV, HEV, HSV	Strong Very Low
R30 – Suspected HSV hepatitis: start acyclovir	Strong Very Low

9 Chronic Liver Disease in Pregnancy

STATEMENT	STRENGTH
R31 – ALH: continue corticosteroids and/or azathioprine	Strong Very Low
R32 – PBC: continue UDCA	Strong Very Low
R33 – Wilson disease: continue penicillamine, trientine, or zinc – dose-reduce if possible	Strong Very Low
R34 – Suspected portal hypertension: screening upper endoscopy in 2nd trimester	Strong Low
R35 – Large esophageal varices: beta-blockers and/or band ligation	Conditional Very Low
R36 – History of liver transplant: continue immunosuppression except mycophenolic acid	Strong Moderate