Recommendations for women with kidney disease who are currently pregnant, or considering pregnancy, during the COVID-19 pandemic

Extremely vulnerable patients

- Women who have had a kidney transplant, or take immunosuppression for kidney diseases, are defined as “extremely vulnerable” by Public Health England. If you are contacted to confirm that you are in this group, you are advised to follow shielding measures to keep yourself safe, irrespective of pregnancy.

- “Extremely vulnerable” patients are advised to remain in physical isolation for 12 weeks at present so these women should give particular consideration to postponing planned pregnancies and using robust contraception in the current pandemic.

Women who are currently pregnant

- Pregnancy has not been associated with more severe COVID-19 disease in women, nor have an effect on babies’ development. However there is limited information on this so far and interactions between kidney disease, pregnancy and coronavirus have not been excluded.

Pregnant women with kidney disease are defined as “vulnerable individuals” and should follow Public Health England advice on social distancing.

- Careful monitoring during pregnancy remains important for women with kidney disease. You may be advised by your local team that most appointments can be conducted by telephone. If you have concerns about your pregnancy, contact your antenatal clinic assessment team for advice.

Women who are considering a pregnancy

- Women with kidney disease who are considering pregnancy should take note of the uncertain but possible increased risks to their health and their baby’s health associated with COVID-19.

- It may become difficult to provide enhanced pregnancy care for women with kidney disease during the current pandemic so strong consideration should be given to postponing planned pregnancies. Women who intend to postpone planned pregnancies should use robust contraception.

Further advice

- NHS COVID-19 advice
- RCOG advice on coronavirus infection and pregnancy
- Kidney Care UK guidance for patients with kidney disease

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