

Pregnancy & Liver Care

About This Resource

Pregnancy places unique demands on the liver and can sometimes unmask or worsen existing conditions. Women with chronic hepatitis, cirrhosis, autoimmune liver disease, or prior pregnancy-related complications benefit from close, coordinated care between hepatology and obstetric specialists. These programs and resources provide expert care, evidence-based education, and multidisciplinary coordination to promote healthy outcomes for both mother and baby.

Clinical & Maternal–Fetal Medicine Programs

- **UT Southwestern – OB/GYN and Maternal–Fetal Medicine Clinic**

Multidisciplinary clinic offering high-risk obstetric care and hepatology collaboration for women with liver or metabolic conditions.

☎ (214) 645-3838 | 🌐 [UTSW OB/GYN \[utswmed.org\]](https://www.utswmed.org) | Dallas

- **Baylor Scott & White – Maternal Health & Liver Program**

Collaborative obstetric and hepatology program providing comprehensive pregnancy and postpartum management.

☎ (469) 800-9290 (Dallas) | (817) 926-2544 (Fort Worth) | 🌐 [BSW OB/GYN \[bswhealth.com\]](https://www.bswhealth.com)

Liver Specialist Coordination

- **Texas Liver Care – Women’s Liver Health**

Serves as your liver specialist and coordination partner, working directly with your selected OB/GYN or maternal–fetal medicine team.

☎ (682) 427-0200 | 🌐 [texaslivercare.org](https://www.texaslivercare.org) | Fort Worth & Dallas

Educational & Support Resources

- **American Liver Foundation – Intrahepatic Cholestasis of Pregnancy**

🌐 [Liver Foundation ICP \[liverfoundation.org\]](https://www.liverfoundation.org)

- **Preeclampsia Foundation – Health Information**

🌐 [preeclampsia.org/hellp-syndrome](https://www.preeclampsia.org/hellp-syndrome)

- **ICP Care**

Advocacy and education for intrahepatic cholestasis of pregnancy, offering physician-reviewed guidance and peer support.

🌐 [icpcare.org](https://www.icpcare.org)

- **Liver Canada – Liver Disease in Pregnancy**

Overview of liver conditions unique to pregnancy with guidance on symptoms and management.

🌐 [liver.ca/liver-disease-in-pregnancy](https://www.liver.ca/liver-disease-in-pregnancy)

For Support & Questions

Texas Liver Care | (682) 427-0200 | [TexasLiverCare.org](https://www.TexasLiverCare.org) | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

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TLC Tips – Coordinating Care for Pregnancy & Liver Health

- Inform your OB/GYN early about any past or current liver condition.
- Schedule pre-pregnancy consultation with your hepatologist and obstetrician for medication and baseline lab review.
- Monitor liver enzymes and bile acids regularly if you have a history of cholestasis or abnormal liver tests.
- Avoid herbal supplements, “detox teas,” or over-the-counter remedies during pregnancy.
- Discuss safe vaccinations, breastfeeding, and postpartum medication adjustments with your care team.
- Plan postpartum follow-up for liver function testing and long-term monitoring.

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