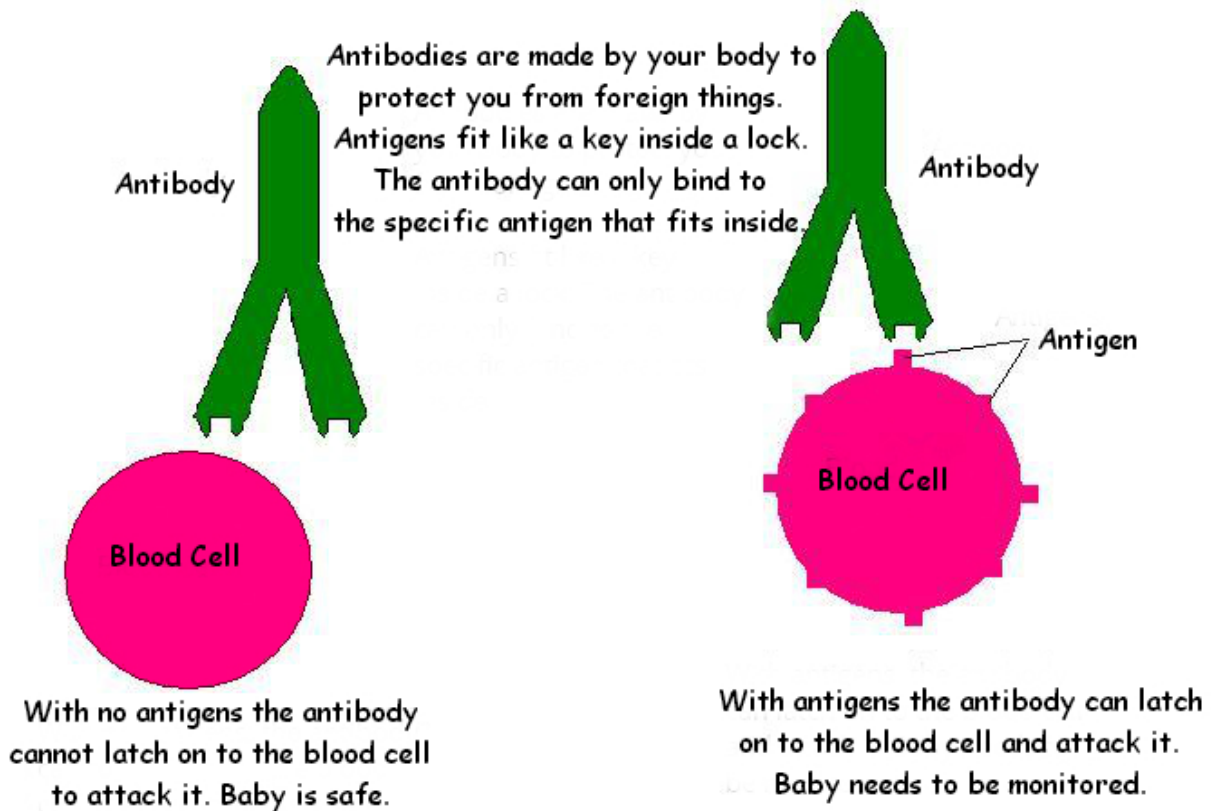


Pregnancy Pack

Welcome! Finding out that you have antibodies is a scary thing. Here to help make life a little easier is the Pregnancy Pack. This includes questions you may want to ask the doctor, testing dad for the antigens, the very important medical alert card, and of course a place to record all of your test results and scan numbers.

Isoimmunization



www.allaboutantibodies.com

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First Steps

Step 1: Get a medical alert card or bracelet. There's one at the bottom of this pdf.

Step 2: Get your current titers:

Antibody 1: anti-_____

Antibody 2: anti-_____

Antibody 3: anti-_____.

Step 3: Get dad phenotyped for the antigen(s). Dad is ___ ___.

Step 4: Get a referral to MFM for a treatment plan. You may want to ask questions like the ones below.

How often will you draw titers? They'll be drawn every _____.

If my titers are low, when should I come back to see MFM? Come back when titers reach _____.

Is Cell Free Fetal DNA testing an option to determine baby's antigen status (D, C/c, E/e, and Kell)? _____.

When will you start MCA scans? Scans start at _____ weeks.

How often will you scan baby? Repeat MCA scans every _____.

When will you start Biophysical Profiles? Start BPPs at _____ weeks. Repeat every _____.

When will you start Non Stress Tests? Start NSTs at _____ weeks. Repeat every _____.

Is Intravenous Immunoglobulin (IVIG) an option? _____

The earliest start for IVIG is _____. The latest start for IVIG is _____.

Will the doctor do Intrauterine Transfusions (IUTs)? _____.

If not, where will the IUTs be done? _____.

The earliest the doctor can do IUTs is _____.

The latest the doctor will do IUTs is _____.

Will the doctor induce? _____

Induce at _____ weeks if titers are below critical.

Induce at _____ weeks if MCAs are good.

Induce at _____ weeks if MCAs are bad.

Prenatal Testing

Mom's Blood Type: _____

Dad's Blood Type: _____

Antibodies: _____

Dad's Genotype: _____

General Testing

Date					
Hemoglobin					
Hematocrit					

Titers, PSV, MoM

Date									
PSV									
MoM									
Titer									
Titer									
Titer									

Titers, PSV, MoM

Date									
PSV									
MoM									
Titer									
Titer									
Titer									

Notes:

MCA Chart

Gestational Age	Median (1.0)	1.5 MoM	Gestational Age	Median (1.0)	1.5 MoM
14	19.3	28.9	28	36.9	55.4
15	20.2	30.3	29	38.7	58.0
16	21.1	31.7	30	40.5	60.7
17	22.1	33.2	31	42.4	63.6
18	23.2	34.8	32	44.4	66.6
19	24.3	36.5	33	46.5	69.8
20	25.5	38.2	34	48.7	73.1
21	26.7	40.0	35	51.1	76.6
22	27.9	41.9	36	53.5	80.2
23	29.3	43.9	37	56.0	84.0
24	30.7	46.0	38	58.7	88.0
25	32.1	48.2	39	61.5	92.2
26	33.6	50.4	40	64.4	96.6
27	35.2	52.8	Modified from G Marie et al. N Engl J Med 2000: 342: 9-14		

You can also use the following MCA calculators (Hint: It's a good idea to bookmark one on your phone for easy access and you can even make a home screen shortcut too!):

- Barcelona Maternal Fetal Medicine - this one is the easiest to use. Click on Anemia and then Brain Doppler. <https://medicinafetalbarcelona.org/calc/>
- Perinatology.com - This one is not always online and working. You must convert your days to decimals ($2 \div 7$, $3 \div 7$, and so on) before entering your weeks (20.29 weeks not 20 weeks). <http://perinatology.com/calculators/MCA.htm>

Medical Alert Card

Isoimmunization affects you even if you're not pregnant! Get a medical alert card - it can save your life. Our antibodies don't just affect our babies, they affect us too. The same antibodies that destroy baby's blood cells because they've got the antigen, will also destroy donor blood cells. If you get injured, end up unconscious, or have some other emergency situation and need blood, it's important for the doctors to know about your antibodies so they can find compatible blood. Once you have antibodies, you will have them for life. Your body will always remember how to make them quickly if it ever finds incompatible blood. Even if your antibodies are too low to titer or undetectable, the medical personnel need to know about them. If they don't a hemolytic transfusion reaction occurs (more info about that below). About 20 people die in the USA each year because of them. 5 minutes to fill out a free medical alert card, or order a bracelet can literally save your life.

There are many options out there from bracelets, necklaces, dog tags, and even wallet cards with a USB flash drive so you can carry your entire medical record. You can find them in your local pharmacy, online (eBay, Etsy, and more), and you can even make your own. Below is a free medical alert card. Fill in the information, print it, fold it in half and put it in your wallet. Make sure the top line, "Emergency Medical Alert", is visible. Bonus if you can laminate it. Put "Transfusion Alert: Anti-E antibodies" or whatever your antibody is right where it says "Transfusion Alert".

EMERGENCY MEDICAL ALERT	EMERGENCY MEDICAL ALERT
Name:	Blood Type:
Address:	Transfusion Alert:
Phone:	Existing Conditions:
Birthdate:	
Contact 1:	Allergies:
Contact 2:	Doctor:
	Phone: