

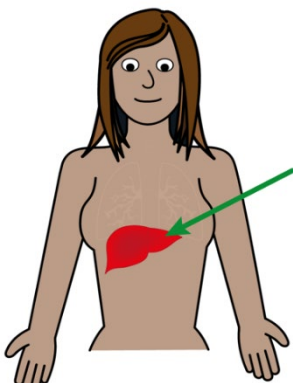
Intrahepatic cholestasis of pregnancy (I.C.P) (Easy read)

Other formats

If you need this leaflet in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

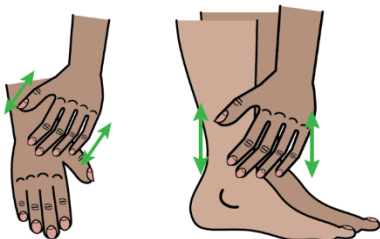
liver



Intrahepatic cholestasis of pregnancy (I.C.P)

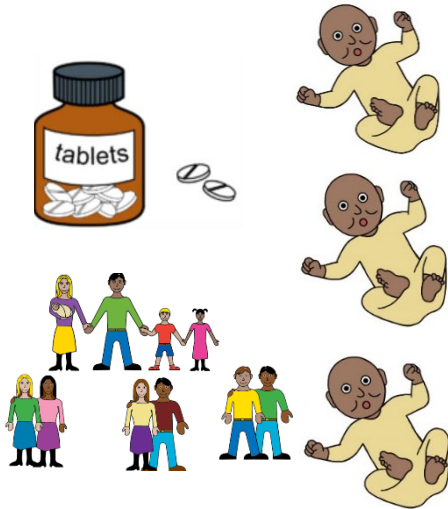
- Only affects you when you are pregnant
- Normally, bile acids are made in the liver and flow to your gut to help you digest food
- In ICP, the bile acids build up in your body

itching hands and feet



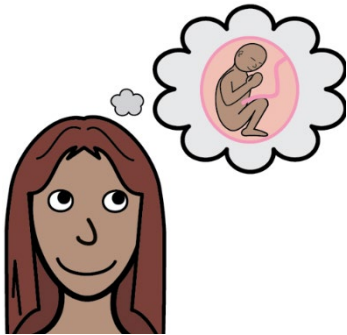
Symptoms

- Itching palms of hands and soles of feet
- Itching over your body
- You do not usually have a rash



You are at risk of I.C.P if:

- You have had it before
- You a family history of I.C.P.
- You are having twins or triplets (or more)
- You were itchy when you took the combined contraceptive pill



I.C.P usually starts at around 28 weeks into your pregnancy but can start at any time.

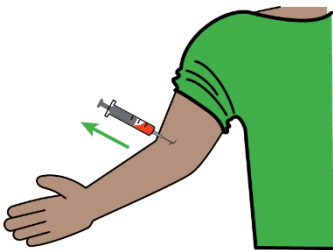


If you are feeling itchy you must contact your community Midwifery team

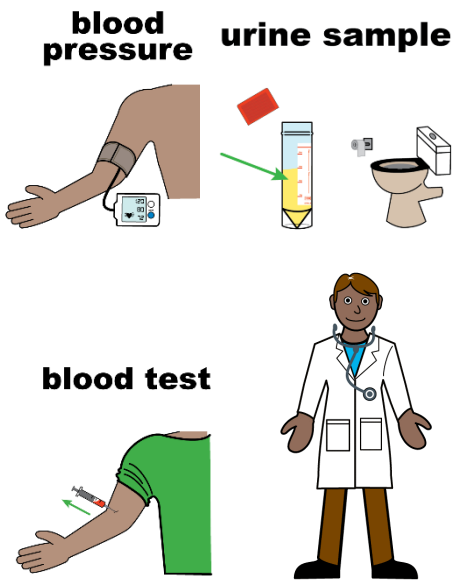
or call

Maternity Triage on 01392 406616

blood test

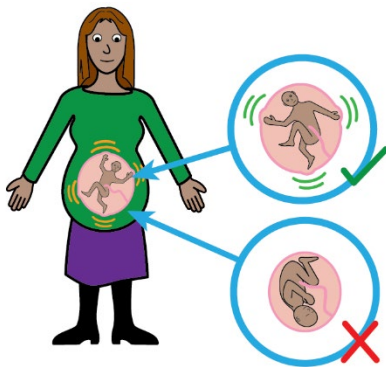


I.C.P is diagnosed by a blood test called bile acids



If you are diagnosed with I.C.P:

- You will be referred to a consultant
- You will visit The Fetal and Maternal Assessment Unit (FMAU) every week where they will:
 - Check your blood pressure
 - Check your wee
 - Take a blood test
 - Talk to you about any plans
 - Monitor your baby



If you have been diagnosed with I.C.P, you must carefully watch your baby's movements.

If you are worried that your baby's movements have changed you must call Maternity Triage on:

01392 406616

baby



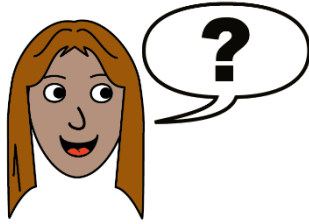
Sometimes if you have been diagnosed with I.C.P, your baby needs to be born early.

This is usually if your bile acids are really high.

This is to prevent stillbirth.

Your doctor will talk to you about this, if needed.

ask questions



If you have any questions please talk to your midwife or doctor.

Your notes

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Have your say

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You can also share your feedback on the Care Opinion website at www.careopinion.org.uk or freephone 0800 122 3135.



Scan the QR code to visit the Care Opinion website →

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www.royaldevon.nhs.uk/get-in-touch