

## NSPKU MATERNAL PKU LEAFLET

### 'PREGNANCY IN WOMEN WITH PKU'

(Additional question on unplanned pregnancy)

#### ***What should I do if I find out I am pregnant when I am not on the diet?***

- The first and most important thing to do is stay calm! Contact your PKU clinic to discuss your options – if you are out of touch with a PKU clinic, contact the NSPKU and they can put you in touch with your nearest metabolic/PKU clinic.
- It is very important to contact your PKU clinic as soon as you find out you are pregnant, because the longer it takes to get your phenylalanine levels under control, the more problems are possible for your baby.
- Make an appointment to see your GP – he/she can confirm whether you are pregnant or not and arrange a scan to date the pregnancy if necessary.
- When you contact your PKU clinic, the Dietitian and Consultant will arrange to see you and your partner to discuss the options and so that the diet can be started in a timely manner. Depending on your circumstances, this may mean that you have to attend for practical dietary education sessions to learn how to implement and manage the diet at home.
- **The most important thing is not to deny the situation but to get advice and help immediately!**