

# 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*.

## 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 associated with COVID-19 at present.
- Women who choose to delay planned pregnancies at this time 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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