

PRESS RELEASE

For Immediate Publication

Patient with transplanted kidney and other medical challenges delivers healthy baby at Fortis Escorts Hospital Faridabad

11th March, 2016 Faridabad: Fortis Escorts Hospital Faridabad helped a patient with a transplanted kidney and other medical challenges deliver a healthy baby weighing 2.6 kilograms. The woman had surmounted medical challenges with fortitude and courage to undergo a pregnancy that many women in her condition would have been apprehensive to go through with. The delivery was handled by **Dr. Indu Taneja, Senior Consultant, Obstetrics & Gynaecology, Fortis Escorts Hospital Faridabad.**

Anita Gupta, aged 27 years, was presented to Dr. Indu Taneja with a kidney transplant that she had undergone three years ago. She wished to have a child and wanted to know the medical repercussions of the medicines she was consuming following her transplant, on the fetus. She was on Immunosuppressant to prevent graft rejection and as advised by Dr. Suresh Chandra, Senior Consultant, Department of Nephrology, Fortis Escorts Hospital Faridabad, post a pre-conception counselling, she could plan her pregnancy now.

A month later, when she was presented to Dr. Taneja once again, she was detected with an early pregnancy. Her early pregnancy scan showed single viable fetus of 6-7 weeks with normal decidual reaction. Her first two trimesters were uneventful with just a few deviations typical to a pregnant condition which were controlled through medication. In the third trimester when the patient's blood pressure rose, it posed a challenge for the doctors. An ultrasound report showed decreased liquor with intra-uterine growth restriction. She then had to be managed with constant surveillance done with weekly liquor check-up, Doppler, growth monitoring and biophysical every two weeks. Her Kidney Function Tests, done every two weeks were normal throughout pregnancy.

At the 37th week, the patient was presented with labour pains, her fetal heart pattern was non-reassuring, and an emergency Lower Segment Caesarean Section (LSCS) was done. A healthy female baby was born with no congenital malfunctions at birth and 6 weeks follow-up. The patient condition post-delivery was stable and she is on immunosuppressive treatment as advised. After her sixth week check-up, her blood pressure is normal and both patient and her baby are absolutely fine.



Dr. Indu Taneja, Senior Consultant- Obstetrics & Gynaecology, Fortis Escorts Hospital Faridabad said, “Successful pregnancy is dependent on the transplanted organ working well and the medication doses stable prior to pregnancy. Other factors like the personal health factor, stabilized medication regimen and the health and functioning of the transplanted organ are of maximum importance. With risks being high, it was a challenge for me and my team to be able to monitor the patient’s health an the pregnancy closely and help her deliver a healthy baby without any birth abnormalities.”

Dr. Suresh Chandra, Senior Consultant, Department of Nephrology, Fortis Escorts Hospital Faridabad said, “A close follow-up of the immunosuppressant drug levels during pregnancy is of utmost importance. The medications might have to be adjusted during this period. Most transplant patients who go through pregnancy would require a high-risk Obstetrician. In spite of all precautions, in a small number of cases, rejection has occurred during pregnancy.”

Mr Rajeev Bhandari, Facility Director, Fortis Escorts Hospital Faridabad, said, “The doctors at Fortis Escorts Hospital Faridabad are very skilled and have the expertise to deliver advanced, excellent, patient centric care. This surgery shows the great effort put together by our clinicians. It also proves that clinical excellence has optimised its output to bring treatment solutions to people who are in a grey zone on what the future will hold for them.”

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