



MS and Pregnancy Information and Advice

General pregnancy advice for people with MS

Information on this page outlines the consensus opinion of the UK MS Pregnancy Register Steering Group and has been produced to help you in your discussions with your MS team about what you should do.

Medication

- The information in this section is general, so it is important that you discuss this with your MS team who can help guide you personally.
- We have tried to summarise some of the things to think about when considering MS and treatments in pregnancy. We have done this to try to help discussions with your MS team.
- If possible, it is best to talk to your MS team about pregnancy before you start trying for a baby. This is so that you and your MS team can make decisions about whether to pause or switch treatments, or whether it is best for you to continue on your treatment. These discussions are important as some medications can remain in the body for a long time. This means that if you are taking a treatment that might pose a risk to the unborn baby, there may still be a risk for some time after you last received a dose.
- Medications include disease modifying therapies (DMT) and treatments for symptoms, as well as those that you might be taking for other conditions. The information for each treatment is different and so you need to discuss each treatment that you are taking with your MS Team.
- If you find out you are pregnant, let your MS team know as soon as possible, so that they can advise you as to what to do. This advice may vary between medications and patients

Supplementation

- We recommend that all women with MS trying to get pregnant and who are pregnant take folic acid and vitamin D supplements (recommended for the vast majority of women who are pregnant or trying to become pregnant) which can be prescribed by your GP, bought from a chemist, or purchased online.
- In general, people with MS (regardless if they are taking DMT) need to take the normal dose of folic acid (400mcg) rather than the higher dose. However, if you are taking certain medications, or have epilepsy or other conditions, you may need to



take a higher dose (5mg) which needs to be prescribed by a doctor. If you are unsure which dose you should be taking then check with your doctor.

- Folic acid should be taken for 3 months before trying to get pregnant, as what your body stores early in pregnancy is important.
- During pregnancy, many women also require iron supplementation. There is no risk to your MS if this is required.
- If you have other medical conditions or are on any other medication, discuss this with your GP.