

## Family Planning

### *For congenital heart patients*

*This section of the Congenital Heart Conditions notebook is for patients with congenital heart disease who may want to have children.*



*Scan this QR code with your phone camera for a digital copy of this handout.*

### **If You Want to Try to Get Pregnant**

Many patients with congenital heart disease have successful pregnancies. Talk with your healthcare provider about your risks during you or your partner's pregnancy. Please know that if you have congenital heart disease:

- Your children have a higher risk of having congenital heart disease.
- You may have a higher risk of heart problems during pregnancy, during delivery, and beyond.

If you decide you want to try to get pregnant:

- **First, talk with your cardiologist.** Your doctor may want to assess you. We want to make sure you have the safest pregnancy possible. There are only a few heart conditions that would cause your cardiologist to advise you not to have children.
- To make sure you and your baby are in the best health possible during the pregnancy and delivery, your provider prenatal care plan may include frequent doctor visits and careful monitoring.

### **If You Are Already Pregnant**

- **Call your cardiologist as soon as you can.** Your cardiologist may advise you to see an obstetrician who specializes in managing high-risk pregnancies.
- The UWMC Adult Congenital Heart Disease (ACHD) Program has a special pregnancy clinic. To learn more about this clinic, please call our nurses at 206.598.0118.



*Call your cardiologist as soon as you find out you are pregnant.*



*Northwest Adoption Exchange is a service that connects families with children who are awaiting adoption.*

## Adoption

If you are thinking about adopting a child, there are many helpful websites. Two of these are:

- Northwest Adoption Exchange: [www.nwae.org](http://www.nwae.org)
- Washington State Department of Children, Youth, and Families: [www.dcyf.wa.gov/services/adoption](http://www.dcyf.wa.gov/services/adoption).

## To Prevent Pregnancy

If you do not want to get pregnant, talk with your doctor about the best birth control methods for you. Some methods are safer for patients with a heart condition.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Heart Institute Adult  
Congenital Heart Disease  
Program: 206.598.1764