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Impact of Kidney donation on pregnancy Outcomes: A Retrospective analysis

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Objectives: To look for risk of gestational hypertension, proteinuria and pre-eclampsia among pregnancies after kidney donation.

Methods: We conducted a retrospective study among females who donated kidney (1997 - 2017) at a tertiary renal transplant center in Northern India to assess for maternal and foetal outcomes of their pregnancy. Data of participants were collected using pre-tested semi structured questionnaire.

Results: A total of 925 female kidney donors (1332 pregnancies) in the pre donation group while 45 females (48 pregnancies) in the post donation period were included . Mean age at the time of kidney donation was high ($p < 0.001$) while lower were the age of first pregnancy, weight (kg) gain ($p = 0.001$) and proportion of history of pre-natal check-up among the pre-donation group . They also had higher time from 1st pregnancy to the survey and history of related donation (62.1% vs 20.8%), . The proportion of pre-eclampsia, gestational hypertension, gestational diabetes, post-partum hemorrhage, full term baby was higher while preterm birth with gestation and foetal death was insignificantly lower in the pre donation pregnancy women. Proteinuria was significantly higher among post donation pregnancies. In multivariate analysis, Cesarean delivery and low birth weight ($< 2500g$) were identified as an independent determinant among post donation pregnancy group.

Conclusions: The study demonstrated not a large risk to maternal outcomes yet an increase risk to fetal outcomes in terms of prematurity and low birth weight among the post donation pregnancy group.