

ECHO Maternal Care CASE RECOMMENDATION FORM

Presenter Credential: MD

After review of the case presentation and discussion of this patient's case among the ECHO Community of Practice, the following suggestions have been made:

Case summary

25 yo G1P0 presented for NOB visit at 7 weeks. History of bipolar disorder and ADHD. Pregnancy otherwise uncomplicated, aside from RH-negative status. Current medication includes Trileptal (oxcarbazepine) 150mg twice daily, prenatal vitamins, and Zofran (ondansetron). Bipolar disorder managed with Trileptal. Had been counseled prior to getting pregnant about the risks/benefits of the medication, but did not present to discuss alternates prior to pregnancy. Now through first-trimester and would like to plan for pregnancy progression and any special testing necessary. Has stable living situation, married, employed, and no current substance use.

Question

How would I talk to her, now that she's in her first trimester, about the risks and benefits of this Trileptal? Is there any additional testing that would be necessary as she progresses through pregnancy?

Recommendations

Medication Review & Risk Assessment

- Consider second-generation antipsychotics as alternatives, as they generally have better safety profiles.
- Lithium, though widely studied in pregnancy, carries own risks, particularly at higher doses in first trimester.
- Oxcarbazepine (Trileptal) is not among most teratogenic medications but carries some risks, including potential fetal growth restriction.

Fetal Monitoring & Prenatal Care

- Increased fetal monitoring may be necessary, particularly for growth restriction concerns.
- Evaluate social determinants of health that may contribute to pregnancy outcomes, ensuring access to nutrition and resources.

Mental Health Considerations

- Oxcarbazepine primarily manages manic symptoms but does not address bipolar depression. Consider adding an SSRI if needed, with close monitoring.
- Address potential postpartum depression risks early, given the high prevalence in bipolar disorder.
- Coordination between obstetric and psychiatric care providers is crucial to avoid medication discontinuation without proper risk-benefit assessment.

Consider presenting follow-up for this patient case or any other patient cases at a future ECHO Clinic session.

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