

Can a woman with phenylketonuria (PKU) have a baby?

Yes, a woman with PKU can have a baby. However, in doing so, it is extremely important to have phenylalanine (PHE) levels in control before and during the entire pregnancy. A woman with PKU who is pregnant or planning a pregnancy should notify her metabolic clinic immediately.



Will the baby be at risk?

When blood PHE levels are in good control, a woman with PKU can have a baby just like a woman without PKU. Your clinic will tell you what your blood PHE levels should be kept at.

How to get in good control

A full commitment to the PKU diet plan is the only way to get PHE levels in good control. This means following a strict diet and drinking PKU formula every day as advised by your metabolic clinic.

The low-protein diet

A low-protein diet is mostly fruits, vegetables and foods specially made to be low in protein. High-protein foods like meat, poultry, fish, cheese, eggs, nuts, seeds, peanut butter, milk, yogurt and other dairy products are not allowed. Regular bread, pasta, rice and cereal also contain protein and are usually not permitted.

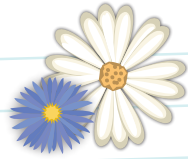
*Certain higher whole protein-containing foods may be acceptable in later trimesters. Always follow your metabolic dietitian's advice.

PKU formula

Since a diet low in whole protein alone will not provide enough protein for you and your baby to thrive, an alternative source of protein is needed. PKU formula is the main source of protein for someone with PKU. Talk to your clinic about the right formula for you.



Important Tips



Establish a routine

Drink formula at set times during the day. Once you establish a routine, it will become a regular part of your day.

Keep snacks with you

You may find yourself hungrier than usual.

- Bring carrot sticks and a container of low-protein dip.
- Toast a low-protein muffin and top with non-dairy margarine.



Plan meals

Make a meal plan for the week and cook in advance. You can make low-protein foods in large amounts and freeze in single serve portions.

Don't run out of formula

Always keep track of how much formula you have. Be sure to order more before you run out.

Keep an extra supply

Store an extra serving of formula in your purse, desk or at the home of people you visit. This way you will have formula even if you forget it at home.

Drink plenty of fluids

Drinking water and staying hydrated is important when pregnant. Make your PKU formula your go-to drink, but also drink plenty of water.



Will my diet change during my pregnancy?

Throughout pregnancy, protein, calorie, and nutrient needs change. Close monitoring and communication with your metabolic clinic is very important.

Communicate with your metabolic clinic

Your appetite, food preferences and eating habits can change when you are pregnant. Your metabolic dietitian can help you create a healthy low-protein diet plan.

And most importantly....

Getting and keeping your PHE levels in control is of utmost importance when planning a pregnancy, or when pregnant.

Contact your metabolic clinic immediately if you are thinking of becoming pregnant.

The information contained in this educational material is for information purposes only and is not intended to replace medical advice from a metabolic professional. Health-related decisions should be made in partnership with a qualified healthcare provider. This material is not intended to be a substitute for professional medical advice, diagnosis or treatment.

All featured products are specialized formulas from Nutricia North America for the dietary management of proven phenylketonuria (PKU) and must be used under medical supervision.