

Pregnancy After Total Gastrectomy

PATIENT RESOURCES
HDGC



Preimplantation Genetic Testing (PGT)

PGT is to screen embryos for genetic conditions to reduce the risk of passing on the condition to children. The PGT process involves in vitro fertilization (IVF). For more on PGT, see "[Genetic Testing and HDGC](#)."

Nutrition before Pregnancy

Good nutrition is important for fertility and for a healthy pregnancy. Good nutrition is also needed to prevent micronutrient deficiencies, to reach a healthy weight before pregnancy, to support healthy pregnancy weight gain, and to support fetal growth and development. See "[Diet and Nutrition After Gastrectomy: What You Should Know](#)" for more details on nutrition after total gastrectomy.

Calorie and Macronutrient Intake

Talk to your dietitian and health care team about your calorie goals during pregnancy.

Post-gastrectomy symptoms, such as early satiety (feeling full quickly), lack of hunger cues and changes in nutrient absorption can make it difficult to eat enough to gain the necessary weight for a healthy pregnancy after total gastrectomy. Additional pregnancy symptoms, such as nausea, may make it even harder to gain weight.

See "[Diet and Nutrition After Gastrectomy: Your Plan](#)" for tips on getting more calories and protein. Talk to your dietitian if you have trouble getting enough nutrition to meet your weight goals.

Micronutrients

Total gastrectomy increases the risk of multiple vitamin and mineral deficiencies. These vitamins and minerals are not only important for your overall health, they are also very important for fetal growth and development.

Specially formulated vitamins, referred to as bariatric vitamins, result in fewer deficiencies than standard multivitamins after a total gastrectomy. Prenatal formulations of bariatric



Pregnancy Prevention

Your body may not absorb oral forms of contraception (e.g., "the pill") after total gastrectomy, which means oral contraceptives may not prevent pregnancy. If you do not want to become pregnant, discuss other forms of contraception, such as intrauterine devices or implanted devices, with your healthcare team and OB/GYN.

Multivitamins are also available to help meet the unique nutrition needs during pregnancy after total gastrectomy.

Note: Standard prenatal multivitamins *do not* meet the micronutrient needs of an individual during pregnancy after total gastrectomy.

Available guidelines recommend a specialist obstetric service to monitor micronutrient levels and supplementation during pregnancy. Talk to your dietitian, obstetrician and/or health care team about which specific prenatal multivitamin meets your needs and how to monitor your vitamin and mineral levels during pregnancy.

Weight

Because your weight will drop and may not stabilize until 6-12 months after total gastrectomy, current guidelines recommend waiting at least that long, or until weight is stable, before trying to become pregnant.

Recommendations for weight gain during pregnancy are available here: [Weight Gain During Pregnancy from the CDC](#). Talk to your healthcare team about your specific weight goal prior to and during pregnancy.