

## **Puberty and contraception**

Delayed puberty can be common in chronic Liver disease. Periods can be interrupted during diagnosis or can be particularly heavy.

Progesterone only contraception is recommended, this includes;

- Cerazette minipill
- Depo-provera Injection
- Implanon implant

The usual guidelines regarding prescribing contraception should apply

Please talk to your liver team or local GP about which contraceptive is most suitable for you.

## **Pregnancy**

It is advised to talk to your consultant if you are planning on getting pregnant. Your consultant will be able to give you information on:

- Whether it is safe for you to get pregnant depending on the health of your liver
- Review or change any medications you are currently taking if it has any effect on the baby or you getting pregnant

It is suggested that you wait a minimum of year after your liver transplant before you start to plan for a baby as this will lower your risk of having a premature baby or low weight baby. **Do not stop** taking your medicines if you are or think you might be pregnant, please get in contact with your liver team immediately.

## **School/ College**

You might have to take time out of school, due to being in hospital, clinic appointments or how your liver makes you feel.

Your school/ college have to the responsibility to ensure you are well supported and have everything you need to reach your educational attainment, this includes full access to education, school trips and physical education.

Your school should make sure that there are arrangements are in place to support pupils with medical conditions

## **University**

It is advised that you inform your consultant once you know which university you will be attending so that the liver team local to your university can be contacted. Please discuss any concerns or questions you have in relation to attending university with a liver condition with your liver team.

It is important that you register to your local GP once you start university so that you can be regularly monitored and have blood tests when needed.

Please ensure that you always have enough medication or get in contact with the liver team if you know you are going to run out. We recommend having a pill box or setting an alarm to remind you take your medication.

We also advise you to contact the disability team at your university to inform them about your liver condition so that any additional support can be put in place. The earlier you speak to them, the earlier they can arrange support for you. You can disclose to us at any stage of your studies – there's no time limit