Biologics in IBD during Pregnancy

Dr. Yvette Leung
Assistant Clinical Professor
Pregnancy and IBD Clinic
University of Calgary

Objectives

• To understand why gastroenterologists prefer to continue therapy in pregnant patients
• To review the most current safety data on anti-tumour necrosis factor drugs (infliximab/Remicade, adalimumab/Humira) in pregnancy
• To review transplacental passage of anti-TNF drugs
  – Should we stop early?

DEFINITION

Chronic idiopathic inflammatory disease of the gastrointestinal tract

Crohn’s Disease
Ulcerative Colitis
The Problem: IBD is a chronic and potentially debilitating disease of the young that results in significant burden to the patient and the health care system.


Incidence of IBD is highest in North America. Personal and economic burden of IBD climbs every decade.

• 0.5% of the population is afflicted with IBD – Over 200,000 Canadians suffer from IBD
• Quality of life for those with IBD is impacted due to ongoing symptoms, social stigma, reduced ability to work and treatment side effects
• Direct costs to the health care system are estimated at over $750 million per year
  – Factors include: hospitalizations, medications and physician visits
• Indirect costs to the patients and society in Canada are estimated at over $1.8 billion per year.
  – Factors include: long-term work loss, out of pocket expenses for patients and short term work absences.
• There is no known cure for IBD

The Burden of IBD in Canada (CCFC Report): www.ccfc.ca
Background

- Patients with IBD typically are diagnosed prior or during reproductive years
- Goals of treatment and medical options changed dramatically past decade
- Safety of therapy during pregnancy ongoing area of research

Goals of therapy

- Induction of clinical remission
- Maintenance of steroid free clinical remission
- Endoscopic healing
- Normalization of biomarkers: CRP and fecal calprotectin

Why not just stop therapy?

- Disease can flare very quickly after medical cessation, within the timeframe of a normal pregnancy
  - Relapse rate after stopping infliximab + azathioprine/methotrexate in STABLE patients 44% in first year (patients stayed on the azathioprine or methotrexate)
- Risk of antibody formation to our anti-TNF therapy during “drug holidays”
  - Increases risk of reactions or non response
- Active IBD during preconception and pregnancy associated with poorer outcomes

Preconception clinic

- Women with IBD without a history of surgery have similar rates of conception to non IBD women
- Methotrexate contraindicated
- Being in remission on low risk medication is the best option for a healthy pregnancy
- Continue therapy
  - Includes patients undergoing fertility treatment

Increase in preterm birth

<table>
<thead>
<tr>
<th></th>
<th>Relative Risk</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>LBW</td>
<td>1.1</td>
<td>0.3-4.0</td>
</tr>
<tr>
<td>LBW at term</td>
<td>0.9</td>
<td>0.1-8.5</td>
</tr>
<tr>
<td>Preterm birth</td>
<td>3.4</td>
<td>1.1-10.6</td>
</tr>
<tr>
<td>Congenital Anomalies</td>
<td>0.4</td>
<td>0.0-3.9</td>
</tr>
</tbody>
</table>

Danish population
Active disease n=71 compared to nonactive disease n=86


Hospitalization for active disease

Major Congenital Anomalies

<table>
<thead>
<tr>
<th>Drug</th>
<th>Odds Ratio</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-aminosalicylates</td>
<td>0.82</td>
<td>0.42-1.61</td>
</tr>
<tr>
<td>Corticosteroids</td>
<td>0.48</td>
<td>0.15-1.50</td>
</tr>
<tr>
<td>Azathioprine</td>
<td>1.27</td>
<td>0.48-3.39</td>
</tr>
</tbody>
</table>

1703 children of mothers with IBD – 2.7%
384,811 children of mothers without IBD – 2.8%
UK mother-child linked dataset from 1990-2010,
children born to women 15-45 years old


Thiopurines and IBD

- Azathioprine (imuran) or 6-mercaptopurine (purinethol)
- FDA category D
- Majority of gastroenterologists recommend continuing therapy preconception and during pregnancy

Thiopurines
N=187

Anti-TNF
N=66

Unexposed
N=318

-GPO 21% 34.8% 31.8%
-obstetrical 20.9% 30.3% 27.7%
-neonatal 13.9% 21.2% 23.3%

Retrospective multicenter (Spain)

GPO=Global pregnancy outcome
Outcomes not related to disease activity
In MV analysis thiopurine only predictor of a lower risk of unfavourable GPO OR=0.6 95% CI=1.03-2.7, p=0.038


Nested study within CESAME (France), retrospective/prospective multicenter

Thiopurines
N=86

Non
thiopurine
N=84

No treatment
N=45

Preterm 21.8% 16.0% 14.8%
Low birth weight 15.8% 13.8% 7.4%
Congenital abnormalities 2 4 0
Thiopurine metabolism

- Pregnancy has an effect on maternal thiopurine metabolism
  - Decreased 6-TGN ("active ingredient")
  - Increased 6-MMP (no hepatotoxicity)
- Azathioprine metabolites
  - 6-TGN (detected in umbilical cord blood)
  - 6-MMP (not detected in umbilical cord blood)
- Newborn 6-TGN levels correlated strongly with mom (r=0.74, p<0.0001)

Change in metabolites

<table>
<thead>
<tr>
<th>Time</th>
<th>6-TGN</th>
<th>6-MMP</th>
<th>6-MMP/6-TGN ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>T0 and T1</td>
<td>-9 (8%)</td>
<td>+856 (66%)</td>
<td>+12(107%)</td>
</tr>
<tr>
<td>T0 and T2</td>
<td>-30 (26%)</td>
<td>+1040(81%)</td>
<td>+17(156%)</td>
</tr>
<tr>
<td>T0 and T3</td>
<td>-17 (15%)</td>
<td>+1358(105%)</td>
<td>+16(149%)</td>
</tr>
<tr>
<td>T0 and delivery</td>
<td>-23 (20%)</td>
<td>+1100(85%)</td>
<td>+9(86%)</td>
</tr>
<tr>
<td>T0 and postpartum</td>
<td>-13 (11%)</td>
<td>-200(16%)</td>
<td>+3(27%)</td>
</tr>
</tbody>
</table>

Mechanism unknown
Hypothesis that TPMT activity
Despite rise in 6-MMP/6-TGN no relapse

Anemia in newborns

- Hemoglobin available in 16/31 (52%) newborns
  - 10 (63%) anemia
  - Median 9.25 mmol/L (IQR 8.25-9.60)
- No control group

<table>
<thead>
<tr>
<th>Med Anemia Median 6-TGN in infants</th>
<th>Med Normal hemoglobin 6-TGN in infants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anemia 30 pmol/l x 10^6 RBC</td>
<td>Normal hemoglobin 35 pmol/l x 10^6 RBC</td>
</tr>
</tbody>
</table>
Thiopurines – do we change practice?

• All clinical data supports the use of thiopurines during pregnancy
• Not enough data to assume anemia in newborns caused by thiopurines – clinical relevance?
• Depending on access “may” consider monitoring metabolites during pregnancy – However what would you do with the results?

Anti-tumour necrosis factor (anti-TNF)

• Pregnancy category B drugs
• Infliximab/Remicade™ – chimeric anti-TNF monoclonal IgG1 antibody, given as infusion every 6-8 weeks
• Adalimumab/Humira™ – fully humanized anti-TNF monoclonal IgG1 antibody, given as SC every 1-2 weeks

Biologics

• Infliximab/Remicade
• Adalimumab/Humira
  – Does not cross placenta in 1st trimester
  – Starts to increase 13 weeks
  – At 22 weeks GA increases until delivery
  – No association with congenital abnormalities

Placental transfer of IgG over time

Placental transfer

- Very small amounts in first trimester
- Increases from 22 weeks gestation age to delivery
- IFX n=11, ADA n=10
  - Median of 35 days median neonatal IFX 160% of mother
  - Median of 38.5 days median neonatal IFX 179% of mother

Mahadevan, U et al. Clinical Gastro and Hep 2013;11:286-292

Infliximab levels

<table>
<thead>
<tr>
<th>Last dose infliximab</th>
<th>Median ratio cord/mother (%)</th>
<th>Month IFX undetectable</th>
</tr>
</thead>
<tbody>
<tr>
<td>35 days (2-91 days)</td>
<td>160% (87-400%)</td>
<td>2-7</td>
</tr>
</tbody>
</table>

N=11
No birth defects
2 respiratory infections
1 hand foot mouth disease
## Adalimumab

<table>
<thead>
<tr>
<th>Last dose adalimumab</th>
<th>Median ratio cord/mother</th>
<th>Time adalimumab undetectable</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.5 weeks (0.14-8 weeks)</td>
<td>179% (98-293%)</td>
<td>11 weeks</td>
</tr>
</tbody>
</table>

N=10
1 infant brief pulmonary edema

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## Levels of IFX depending on last dose

Zelinkova Z, Alimental Pharmaco Ther 2011;33:1053-1058

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## Infliximab

<table>
<thead>
<tr>
<th>Total cord blood samples (n=17)</th>
<th>Mean Cord Blood (mcg/mL)</th>
<th>SEM (mcg/mL)</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;30 weeks IFX (n=12) (average 23)</td>
<td>2.8</td>
<td>1.1</td>
<td>0.02</td>
</tr>
<tr>
<td>&gt;30 weeks IFX (n=5) (30-34 weeks)</td>
<td>10</td>
<td>2.3</td>
<td></td>
</tr>
</tbody>
</table>

Adalimumab

<table>
<thead>
<tr>
<th>Total cord blood samples (n=11)</th>
<th>Mean Cord Blood (mcg/mL)</th>
<th>SEM (mcg/mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>22 week (21-27)</td>
<td>1.7</td>
<td>0.4</td>
</tr>
</tbody>
</table>

PIANO study

- Prospective study of pregnancy and neonatal outcomes in women with IBD
- April 1 2013 = 1232 women enrolled
- Unexposed = 329
- Azathioprine/Imuran = 242
- Anti-TNF = 357
- Combination azathioprine/anti-TNF = 109

<table>
<thead>
<tr>
<th></th>
<th>Azathioprine</th>
<th>Anti-TNF group</th>
<th>Combination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any complication</td>
<td>1.2 (0.8-1.8)</td>
<td>1.2 (0.8-1.7)</td>
<td>1.7 (1.0-2.8)</td>
</tr>
<tr>
<td>Spontaneous abortion</td>
<td>0.5 (0.2-1.5)</td>
<td>1.3 (0.6-2.9)</td>
<td>1.4 (0.5-4.1)</td>
</tr>
<tr>
<td>Preterm</td>
<td>1.0 (0.6-1.8)</td>
<td>0.8 (0.5-1.3)</td>
<td>2.4 (1.3-4.3)</td>
</tr>
<tr>
<td>LBW</td>
<td>0.7 (0.4-1.6)</td>
<td>1.2 (0.6-2.1)</td>
<td>1.5 (0.7-3.3)</td>
</tr>
<tr>
<td>IUGR</td>
<td>0.8 (0.2-2.8)</td>
<td>1.0 (0.3-2.8)</td>
<td>0.5 (0.1-3.9)</td>
</tr>
<tr>
<td>Caesarean section</td>
<td>1.0 (0.7-1.4)</td>
<td>1.4 (1-1.9)</td>
<td>1.3 (0.8-2.5)</td>
</tr>
<tr>
<td>NICU</td>
<td>1.4 (0.6-1.8)</td>
<td>1.2 (0.7-1.9)</td>
<td>1.3 (0.7-2.5)</td>
</tr>
<tr>
<td>Congenital anomalies</td>
<td>0.8 (0.4-1.7)</td>
<td>0.9 (0.4-1.7)</td>
<td>0.9 (0.3-2.5)</td>
</tr>
</tbody>
</table>

Compared to unexposed group (5-aminosalicylate or nothing). Odds ratio (95% confidence intervals)

Mahadevan, U. DDW 2015 Postgraduate Course, Orlando, Florida
Are these children as smart?

<table>
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<tr>
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<th>Anti-TNF group</th>
<th>Combination</th>
<th>Unexposed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of</td>
<td>215</td>
<td>364</td>
<td>137</td>
<td>323</td>
</tr>
<tr>
<td>babies</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Compared to unexposed group (5-aminosalicylate or nothing) children exposed in-utero always did the same on developmental tests: problem solving, gross motor, fine motor, social skills.

Mahadevan, U. DDW 2014 1(94)

Do we stop anti-TNF drugs?

- Not if disease is active
- Not if you already know that when you miss a dose you flare right away
- Would have to stop at 22 weeks to minimize completely drug passage
- Small study compared stopping <25 weeks to >25 weeks of pregnancy
  - 2/32 versus 1/22 flared
  - However very small numbers

De Lima, DDW 2014. 350(134)

We don't stop, we alter dosing

- If patient has active disease NO change in dosing, in fact we will increase dosing preconception and consider in early pregnancy to avoid further deterioration
- Stable patients on maintenance
  - Consider last dose in early third trimester between 28-34 weeks of pregnancy (normal pregnancy 40 weeks)
U of Calgary Pregnancy Clinic

• Retrospective data median GA is 38 weeks
• Last dose of IFX 30-32 weeks
• Last dose of ADA 34 week

What about after delivery

• We ask out patients to restart their anti-TNF therapy immediately after delivery
  – Assuming there is no infectious complication
  – Infliximab/Remicade they can get in hospital as an infusion
  – No live virus vaccine for child within first six months of life
    • Ideally we would test the levels

Do we stop imuran?

• If patient is only on imuran we do not stop
• If patient is on imuran and an anti-TNF, case by case
• We don’t start imuran for the first time in pregnant patients
Do we start steroids?

• Yes if we have to
• We work closely with high risk obstetrics and maternal fetal medicine clinic
• Need communication from the obstetrician if you are worried about fetal growth or gestational diabetes

Anti-TNF and Lactation

- Negligible breast milk anti-TNF levels in a mother treated during pregnancy and lactation

- Why?
  - Large protein size - difficult to pass into breast milk
  - Not well absorbed from the gut
  - Broken down by digestive enzymes in the baby’s GIT

Take home messages

• The nurse clinician role is key
  – You help us identify the patients thinking of pregnancy
  – “nervous” patient
• We never stop biologics during pregnancy
  – Adjust the last dose to minimize placental transfer
• Can restart after delivery within a few days
• Breastfeeding is also safe
Mode of delivery in perianal disease

Studies limited
Often don't distinguish between active versus history of perianal disease

What the gastroenterologists fear

• Vaginal delivery leading to perineal injury
  – Non healing wounds
  – Fistulization
  – Worsening continence
• Consensus statement
  – Quiescent or mild disease undergo standard vaginal delivery
  – Active disease undergo caesarean delivery

Caprilli, R et al. Gut 2006;55:36-58

Not a lot of data

• Nationwide Inpatient Sample – using ICD-9 coding
  – Perianal disease increased risk of 4th degree laceration (not specific to CD)
• Questionnaire study
  – Confirmation of perianal disease by chart review
  – 54 vaginal births
    • 15 perianal disease, 4/15 active perianal disease
    – All 4 complained of “subjective worsening” of perianal disease after birth
    – All 11 inactive perianal patients did not complain of perianal symptoms after birth

<table>
<thead>
<tr>
<th></th>
<th>Previous perianal disease N=15</th>
<th>No previous perianal disease N=39</th>
</tr>
</thead>
<tbody>
<tr>
<td>Episiotomy</td>
<td>10 (67%)</td>
<td>27 (69%)</td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; degree laceration</td>
<td>1 (7%)*</td>
<td>1 (3%)*</td>
</tr>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; degree laceration</td>
<td>1 (7%)*</td>
<td>5 (13%), 4/5 had epi*</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; degree laceration</td>
<td>0</td>
<td>5 (13%), 5/5 had epi*</td>
</tr>
</tbody>
</table>

* No episiotomies

**Take home points**

- Rare for gastroenterologist to recommend stopping therapy
- Adjustment in dosing interval for anti-TNF drug
- Goal is to prevent disease flare
- Ideally meet patients prior to pregnancy

**U of C pregnancy clinic**

- Please contact us to discuss patients – yvette.leung@albertahealthservices.ca
- Weekly clinics
  - Trainees
  - Clinical preceptorships
What we really need to know

• Do drug levels in pregnancy change as compared to non pregnant state in anti-TNF drugs?
• If we adjust that last dose in pregnancy depending on trough levels in earlier pregnancy can we change cord levels in newborn?
• Do we need to monitor for anemia in newborns born to mothers with IBD?