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Date: 5 December 2017

Sources: Medline, Embase, PubMed, Oxford Medicine Online.

Retinitis Pigmentosa in Pregnancy and Childbirth

[See full search strategy](#)

Evidence Summary:

Retinitis pigmentosa (RP) is the commonest of the inherited disorders of the retina and is a large group of conditions, which result from abnormalities of the photoreceptors or retinal pigment epithelium (RPE). Patients first experience night blindness followed by constriction of the peripheral visual field and, eventually, loss of central vision.

RP does not always progress uniformly. There can be periods of more rapid worsening alternating with periods of relatively little change. Although there is some anecdotal evidence of progression during pregnancy, it is therefore difficult to determine whether any deterioration is in fact attributable to pregnancy.

According to information available on the [RP Fighting Blindness charity website](#) vaginal delivery is deemed to be safe for patients with RP.

Sources:

- [Sushma Sharma, Tarun K Sharma, Gabrielle Downey, Pregnancy and the eye, *The Obstetrician & Gynaecologist*, Volume 8, Issue 3 July 2006 Pages 141–146](#)
- Does Pregnancy Affect RP? RP Fighting Blindness.
<https://www.rpfightingblindness.org.uk/faq.php?faqid=17&tln=resources> [last accessed 05/12/2017]
- Black, G., & Gillespie, R.(2014-05). Anomalies of the Eye. In Signs and Symptoms of Genetic Conditions: A Handbook. Oxford, UK: Oxford University Press. Retrieved 5 Dec. 2017, from <http://oxfordmedicine.com/view/10.1093/med/9780199930975.001.0001/med-9780199930975-chapter-22>.

1. Ocular changes in pregnancy

Author(s): Garg P.; Aggarwal P.

Source: Nepalese journal of ophthalmology : a biannual peer-reviewed academic journal of the Nepal Ophthalmic Society : NEPJOPH; 2012; vol. 4 (no. 1); p. 150-161

Publication Date: 2012

Publication Type(s): Article

PubMedID: 22344013

Available at [Nepalese Journal of Ophthalmology](#) - from Free Medical Journals . com

Abstract: Pregnancy is often associated with ocular changes which may be more commonly transient but occasionally, permanent. The ocular effects of pregnancy may be physiological or pathological or may be modifications of pre-existing conditions. Physiological changes include increased pigmentation around the cheeks, ptosis, changes in cornea and refractive status, decreased intraocular pressure. These usually resolve post partum. Pre-existing diseases such as Graves disease, Retinitis pigmentosa, optic neuritis, should be monitored due to their remission or relapses in pregnancy. There may be worsening of Diabetic retinopathy, and Central serous chorio-retinopathy with increased risk of Retinal detachment. Conditions like Glaucoma and Non infectious uveal inflammatory disorders may even improve transiently. Pre-eclampsia and eclampsia could result in hypertensive retinopathy, exudative retinal detachment and cortical blindness. Neuro-ophthalmological disorders such as venous sinus thrombosis, benign intracranial hypertension, pituitary adenoma, meningioma and optic neuritis should be kept in mind as differential diagnosis in pregnant women presenting with visual acuity loss, visual field loss, persistent headaches or oculomotor palsies. Use of ophthalmic drugs can affect fetal health during pregnancy. © NEPJOPH.

Database: EMBASE

2. Visual acuity changes in retinitis pigmentosa during pregnancy

Author(s): Vingolo E.M.; Salvatore S.; Stagnitti F.

Source: International Journal of Gynecology and Obstetrics; Jun 2009; vol. 105 (no. 3); p. 269

Publication Date: Jun 2009

Publication Type(s): Article

PubMedID: 19272600

Available at [International journal of gynaecology and obstetrics: the official organ of the International Federation of Gynaecology and Obstetrics](#) - from Wiley Online Library Science , Technology and Medicine Collection 2017

Database: EMBASE

3. Clinical findings and common symptoms in retinitis pigmentosa.

Author(s): Heckenlively, J R; Yoser, S L; Friedman, L H; Oversier, J J

Source: American journal of ophthalmology; May 1988; vol. 105 (no. 5); p. 504-511

Publication Date: May 1988

Publication Type(s): Research Support, Non-u.s. Gov't Journal Article

PubMedID: 3259404

Abstract:Data analysis was performed in a prospective study of clinical symptoms and findings in 500 patients with retinitis pigmentosa. The symptoms and findings in these patients met the usual definitions of the disease. At initial examination the patients were questioned in a standardized manner; symptoms and associated health problems were reviewed. Some patients were unable to answer all of the questions. Of the patients 274 (55%) were men and 226 (45%) were women, with a race distribution of 21 (4%) black, 47 (9%) Hispanic, 26 (5%) Oriental, three (1%) American Indian, and 403 (81%) white. Sixty-nine patients reported no symptoms of night blindness and 116 patients claimed no visual field changes; 90 stated that they saw better at dusk. The most common problem noted by 263 (53.3%) was headaches, 31 on a daily basis, 42 at least weekly, 124 infrequently, and the remainder nonspecifically. Numbness or tingling, mainly in extremities, was reported by 99 patients. The second most common problem affecting 170 patients (34.6%) was light flashes; since eight patients had retinal detachments, light flashes cannot be totally discounted. Of 143 patients who had been pregnant, 14 had visual changes.

Database: Medline

Strategy 329393

#	Database	Search term	Results
1	EMBASE	("Retinitis pigmentosa").ti,ab	8401
2	EMBASE	exp "RETINITIS PIGMENTOSA"/	9013
3	EMBASE	(1 OR 2)	0
4	EMBASE	(vagina* ADJ2 birth*).ti,ab	4377
5	EMBASE	(vagina* ADJ2 deliver*).ti,ab	22751
6	EMBASE	exp "VAGINAL DELIVERY"/	26267
7	EMBASE	(4 OR 5 OR 6)	34989
8	EMBASE	(3 AND 7)	2
9	EMBASE	exp "OBSTETRIC DELIVERY"/	128373
10	EMBASE	(3 AND 9)	6
11	EMBASE	exp PREGNANCY/	686352
12	EMBASE	(3 AND 11)	60
13	EMBASE	exp "OBSTETRIC PATIENT"/	1411
14	EMBASE	(3 AND 13)	0
17	EMBASE	(pregnan*).ti,ab	569114
18	EMBASE	(3 AND 17)	47
19	Medline	exp "RETINITIS PIGMENTOSA"/	7821
20	Medline	("retinitis pigmentosa").ti,ab	6833
22	Medline	(19 OR 20)	10230

23	Medline	(pregnan*).ti,ab,af	908786
24	Medline	(22 AND 23)	122
25	Medline	exp "RETINAL DYSTROPHIES"/	8127
26	Medline	(23 AND 25)	101
27	EMBASE	exp "NIGHT BLINDNESS"/	2499
28	EMBASE	(7 AND 27)	0
29	EMBASE	(11 AND 27)	81
30	PubMed	("retinitis pigmentosa").ti,af	9394
31	PubMed	(pregnancy).ti,af	892290
32	PubMed	(30 AND 31)	108
33	PubMed	(breastfeeding).ti,af	48209
34	PubMed	(30 AND 33)	0