

# Exploring adverse pregnancy outcomes in women with inactive inflammatory bowel disease

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Inflammatory bowel disease is a risk factor for giving birth preterm even when in apparent disease remission, a University of Gothenburg study

shows. If corroborated, the results may eventually affect recommendations for women with ulcerative colitis who tries to conceive.

Inflammatory bowel disease (IBD) is [chronic inflammatory disease](#) with a prevalence of approximately 0.5 percent. IBD, which includes ulcerative colitis and Crohn's disease, and—unlike [irritable bowel syndrome](#) (IBS)—causes visible damage to the [mucous membrane](#) (mucosa) lining the intestines. Characteristic of IBD is its recurrent tendency for symptoms to flare up (relapse), followed periods of low or no disease activity (remission).

Onset of IBD commonly occurs at age 15–30. Questions about its impact on pregnancy and the fetus are therefore common. IBD has previously been linked to negative birth outcomes, such as [preterm birth](#) (birth

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