

FEATURES OF THE PRE-PREGNANCY PERIOD IN WOMEN WITH OFTEN RECURRENT URTICARIA

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Abstract. The aim of the study was to investigate the efficacy of omalizumab in patients with urticaria, which often recurred during the pre-pregnancy period, to achieve the most prolonged and non-recurrent course of the disease due to the negative effects of antihistamines on pregnancy and fetal status. *Materials and methods of research.* The study involved 20 women aged 18 to 40 years with often recurred urticaria. Their initial examination was performed 3 months before the planned pregnancy. For the purpose of inspection collection of complaints, anamnesis, inspection, physical examination were used. The intensity of clinical symptoms of urticaria was determined in points on the UAS scale. Quality of life indicators were assessed using the Skindex-29 questionnaire. 16 women were treated for recurrent urticaria, with 1 woman not completing treatment due to pregnancy. *Results of the research.* 72 hours after subcutaneous administration of omalizumab, all patients received a positive effect of therapy. The dynamics of the intensity of the rash from the effects of omalizumab was as follows: after the first injection, the rash disappeared in three patients, after the second injection — in half of the patients, and after the third — there were only residual urticaria in three patients. In addition, after the first injection of omalizumab in patients there was a decrease in the intensity of itching from 3 points to (1.6 ± 0.2) points and the complete disappearance of itching in half of patients after the second injection of the drug. However, no statistically significant correlation was found between the levels of total IgE and the dynamics of clinical symptoms under the influence of omalizumab at a dose of 150 mg in patients with frequently recurrent urticaria. The drug was well tolerated by all patients. *Conclusions.* Women who are planning a pregnancy and have a history of often recurred urticaria, should be monitored by an allergist and gynecologist. Omalizumab quickly eliminates the main symptoms of often recurred urticaria, which allows us to recommend it for use as a treatment and prevention measure during pregnancy planning.

Key words: recurrent urticaria, pre-pregnancy period, IgE, omalizumab.

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