

Valacyclovir in Pregnancy: A Game-Changer in Preventing Congenital CMV Infection?

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Introduction

Cytomegalovirus (CMV) infection during pregnancy poses serious risks to foetal development. Our retrospective cohort study (n=25) evaluated valacyclovir efficacy in reducing vertical transmission and infection severity, whilst examining the predictive value of amniotic fluid PCR and ultrasonography.

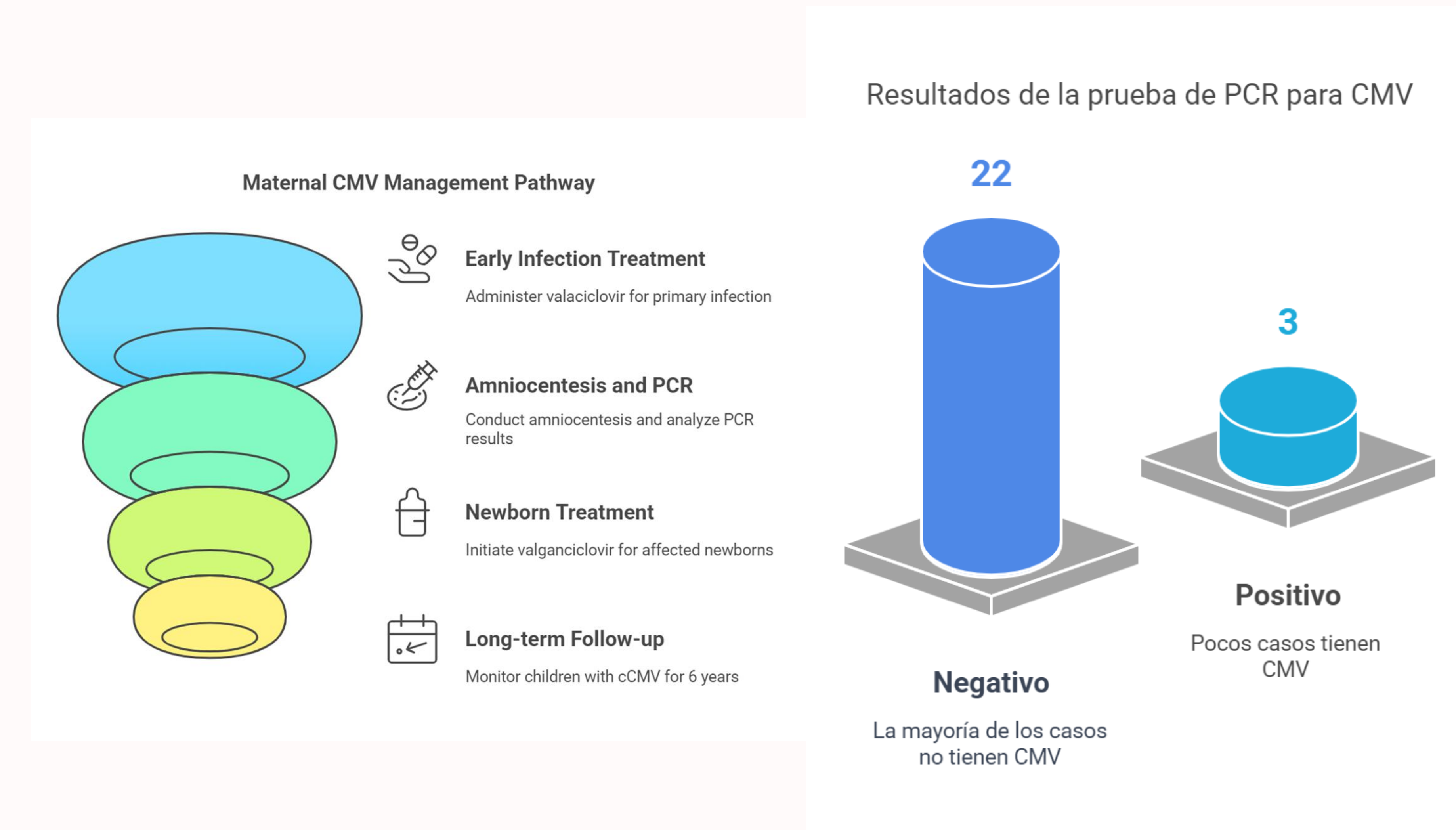
Key Findings

Treatment was associated with **72% reduction** in vertical transmission

Only **8%** of newborns had confirmed congenital CMV infection (all asymptomatic)

- No reported adverse maternal or foetal effects from treatment

- Amniotic fluid PCR positivity rate: **12%**



Valacyclovir shows significant promise as an intervention for primary maternal CMV infection, reducing viral load and minimising vertical transmission risk. Early diagnosis through amniocentesis with CMV PCR and detailed ultrasound remains crucial for optimising outcomes.