

## Twins in Pregnancy

Women pregnant with twins will have many of the same recommendations as women pregnant with singletons. There are some additional recommendations for twin pregnancies.

Most noted, you will have a series of transvaginal and transabdominal ultrasound scans throughout your pregnancy. These ultrasounds image fetal viability, fetal growth, and fetal abnormalities, as well as screen for possible changes of the cervix that may lead to preterm birth. In addition, you will have non-stress tests and amniotic fluid index ultrasounds to evaluate fetal well-being.

### **First Trimester** up to 14 weeks

The first trimester with twins is very similar to that of a singleton pregnancy. You do not need to make major changes to your diet or activity level. We advise drinking extra fluids, omitting alcohol, and reducing caffeine to 2 or less servings per day.

If you are not extremely nauseated, continue taking a multivitamin. You will be given a prescription for folic acid. In addition to your multivitamin, you will take 1mg of folic acid, daily.

### **Second Trimester** 14 - 28 weeks

The uterus grows significantly faster with a twin pregnancy than with a singleton pregnancy, consequently, there is increased risk of preterm labor.

Your body may signal preterm changes. If you experience abdominal tightening, lower pelvic pressure, menstrual-type cramping, vaginal spotting or lower back pain, please call our office immediately.

You will have a series of transvaginal ultrasounds to monitor for preterm changes of the cervix. A transvaginal ultrasound measures the length of the cervical canal and is a predictor of preterm labor.

If there is significant cervical change, you may need to restrict your activity or be admitted to Edward Hospital, Labor and Delivery, for observation and treatment.

### **Third Trimester** 28 - 40 weeks

Beginning at 32 weeks, you will be given a weekly non-stress test, NST, and an amniotic fluid index, AFI. NST's are performed to monitor your babies' heartbeats using a fetal monitor. AFI's are ultrasounds to evaluate the amount of amniotic fluid around the babies. The NST and AFI allow for the evaluation of fetal well-being. There are certain instances when we will increase monitoring of your babies to twice weekly.

With twins, the average gestational age at delivery is 34 to 36 weeks. However, some women continue their pregnancy until 38 weeks.

### **Suggested Resources**

<http://www.marvelousmultiples.com/parents.html>

<http://www.motheroftwins.com>

**Appointment Schedule\***

Name \_\_\_\_\_ Due date \_\_\_\_\_

Gestation weeks	Prenatal visit appt.15 min.	With	Cervical ultrasound appt.1 hour	Full OB ultrasound appt.1 hour	Non-stress test AIF ultrasound appt. 1 hour
8				X	
10					
12	X			X	
14					
16	X		X		
18			X		
20	X		X	X	
22			X		
24	X		X	X	
26	X		X		
28	X		X	X	
30	X		X		
32	X		X	X	X
33	X				X
34	X				X
35	X				X
36	X			X	X
37	X				X
38	X				X
39	X				X

\*Please use this form when scheduling your appointments. Also, please use pencil because as your pregnancy progresses, it may be necessary to change your appointment times.