

Contents

INTRODUCTION	15
About MOST (Mothers of Supertwins)	15
<i>What is MOST?</i>	15
<i>What is MOST's Mission?</i>	15
<i>What Type of Support Does MOST Offer Families?</i>	16
<i>How is MOST Funded?</i>	17
<i>How Do I Contact MOST?</i>	17
CHAPTER 1: BASIC FACTS ABOUT MULTIPLES	19
Incidence and Definitions of Multiple Births	21
Diagnosing a Multiple Birth Pregnancy	23
The Role of Fertility Treatments in Multiple Births	24
Average Gestation and Outcomes	26
Fraternal versus Identical: About Multiple Birth Zygosity	29
Fetal Reductions	31
References	35
Resources	36
<i>Incidence of Multiples</i>	36
<i>Identical Twin and Twin-to-Twin</i>	36
<i>Pregnancy Reduction/ Selective Reduction</i>	36
<i>Fertility Treatment</i>	37
CHAPTER 2: PROACTIVE PREGNANCIES	39
Choosing Your Doctors	41
<i>High-Risk Pregnancy Analogies</i>	42
<i>How to Find a Maternal-Fetal Medicine Specialist (MFM)</i>	43
<i>Not All Maternal-Fetal Medicine Specialists are Alike</i>	44
<i>Suggested Interview Questions for both Obstetricians and MFMs</i>	45
<i>Advocating for Your Babies</i>	47
Choosing a Hospital for Delivery	48
<i>Types of Neonatal Intensive Care Units (NICU)</i>	49
<i>What to Look for in a Level III NICU</i>	50
<i>How to Find a Good Level III Neonatal Center or NICU</i>	55

Relocating for Care	56
Special Note for Dads and Significant Others	58
Keeping Track of Concerns	59
Care of Teeth and Gums	60
Prenatal Classes	61
Preparing for the NICU	62
References	64
Resources	65
<i>Maternal Fetal Medicine Specialists</i>	65
<i>NICU Preparation</i>	65
CHAPTER 3: PRENATAL CARE IN A HIGHER-ORDER MULTIPLE PREGNANCY	67
A Perinatologist’s Perspective on Managing Higher-Order Multiple Pregnancies by John Elliott, MD	68
<i>First Trimester (0-13 Weeks)</i>	69
<i>Testing and Supplements</i>	70
<i>Second Trimester (13-24 weeks)</i>	71
<i>Third Trimester (24-36 weeks)</i>	75
‘Full-Term’ or Late Preterm Babies	78
Weight Gain and Nutrition: Goals and Expectations	79
<i>Why Nutrition is So Important</i>	79
<i>What is the Optimal Weight Gain?</i>	79
<i>To Enhance Optimal Weight Gain</i>	81
<i>To Avoid or Decrease Constipation</i>	82
<i>Planning Your Calorie Intake</i>	83
References	88
Resources	89
<i>Pregnancy Weight Gain</i>	89
<i>Medications during Pregnancy</i>	89
CHAPTER 4: POSSIBLE CHALLENGES AND TREATMENTS DURING A HIGHER-ORDER MULTIPLE PREGNANCY	91
Morning Sickness and Hyperemesis	92
<i>Tips for Managing Hyperemesis</i>	93
<i>Treating Hyperemesis</i>	94

Infections	94
<i>Urinary Tract Infections (UTI)</i>	94
<i>Yeast Infections</i>	94
<i>Vaginal Bacterial Infections</i>	95
<i>Fifth Disease</i>	96
Anemia	97
Carpal Tunnel Syndrome	98
Round Ligament Stretching	99
Twin-to-Twin Transfusion Syndrome	99
<i>Definitions Related to TTTS</i>	100
<i>Symptoms of TTTS</i>	100
<i>Treatment of TTTS</i>	101
Gestational Diabetes	102
<i>Symptoms of Gestational Diabetes</i>	102
Hypertension: Pre-eclampsia, Toxemia, Pregnancy Induced Hypertension (PIH)	103
<i>HELLP Syndrome</i>	105
Poor Fetal Growth (Intrauterine Growth Restriction)	105
PUPPP	106
Vaginal Bleeding	106
Preterm Premature Rupture of Membranes (PPROM)	108
Losses during Pregnancy	109
<i>Effects of Early Partial Loss</i>	112
<i>Effects of Complete Loss</i>	113
<i>Effects of Late Partial Loss</i>	113
References	114
Resources	115
<i>Hyperemesis</i>	115
<i>Anemia</i>	115
<i>Carpal Tunnel Syndrome</i>	115
<i>Twin-to-Twin Transfusion Syndrome</i>	115
<i>Pre-eclampsia</i>	116
<i>Loss during Pregnancy</i>	116

CHAPTER 5: POSSIBLE TESTS AND TREATMENTS DURING A HIGHER-ORDER MULTIPLE PREGNANCY.....	119
Ultrasounds and Biophysical Profiles (BPP).....	120
<i>Ultrasounds.....</i>	<i>120</i>
<i>Frequency of Ultrasound Tests.....</i>	<i>120</i>
<i>Ultrasound Types.....</i>	<i>122</i>
<i>Reasons for Conducting an Ultrasound.....</i>	<i>124</i>
Amniocentesis and Chorionic Villus Sampling.....	124
<i>Amniocentesis.....</i>	<i>124</i>
<i>Chorionic Villus Sampling.....</i>	<i>125</i>
Corticosteroids.....	126
Cerclage.....	126
Pessary.....	127
CHAPTER 6: PRETERM LABOR AND BEDREST.....	129
Preterm Labor: What It Is.....	130
Signs and Symptoms of Preterm Labor.....	131
Preterm Labor: What You Can Do.....	132
<i>Steps to Help Prevent Preterm Labor.....</i>	<i>132</i>
<i>Steps to Take When Experiencing Symptoms of Preterm Labor.....</i>	<i>133</i>
<i>Self-Palpation for Contractions.....</i>	<i>133</i>
Diagnosing and Treating Preterm Labor.....	135
<i>Fetal Fibronectin.....</i>	<i>135</i>
<i>Tocolytics.....</i>	<i>137</i>
Bedrest.....	141
<i>Bedrest Activity Level and Bedrest Activity Checklist.....</i>	<i>142</i>
<i>Tips for Managing Bedrest.....</i>	<i>145</i>
<i>Fetal Movement Monitoring.....</i>	<i>149</i>
Long-Term Hospitalization Prior to Delivery.....	150
<i>Items You May Wish to Have With You at the Hospital.....</i>	<i>151</i>
<i>Tips to Prepare Children for Mother’s Hospitalization.....</i>	<i>152</i>
Resources.....	153
<i>Preterm Labor.....</i>	<i>153</i>
<i>Tocolytic Medication.....</i>	<i>153</i>

<i>Bedrest</i>	153
CHAPTER 7: PREPARING YOURSELF, FAMILY AND HOME	155
Preparing Yourself	156
<i>Arranging Help</i>	156
<i>Naming the Babies</i>	157
<i>Preparing to Breastfeed</i>	157
<i>Journaling</i>	160
<i>Questions about Personal Concerns and Care</i>	160
Preparing Your Family	166
<i>How Fathers and Significant Others Can Prepare</i>	167
<i>Helping Older Siblings Prepare</i>	167
<i>Including Grandparents and Other Family Members</i>	169
Preparing Your Home	169
<i>Baby Showers</i>	170
Layette and Useful Equipment and Supplies	174
<i>Clothing</i>	174
<i>Baby Equipment</i>	174
<i>Furniture</i>	175
<i>Diapering Supplies</i>	176
<i>Bath Supplies</i>	177
<i>Feeding Supplies for Breastfeeding or Pumping</i>	178
<i>Feeding Supplies for Bottle Feeding</i>	179
<i>Medical Equipment</i>	180
<i>Other Supplies</i>	181
<i>Items NOT to Buy</i>	182
Resources	183
<i>Finding Help or Childcare</i>	183
<i>Product Safety and Medical Release Forms</i>	184
<i>Feeding Charts, Color Coding and Getting Organized</i>	184
<i>Car Seats</i>	184
<i>Baby Products</i>	185
CHAPTER 8: DELIVERY	187
Vaginal Delivery of Higher-Order Multiples	188

C-Sections & Combined Deliveries	189
<i>Scheduled C-Section versus Emergency C-Section</i>	190
<i>Staff Members Generally Present during a C-Section for Multiples</i>	190
Anesthesia during Delivery	191
Delayed Interval Deliveries	191
Postpartum Recovery	193
Leaving the Hospital: You and Your Babies	194
References	196
CHAPTER 9: PRACTICAL CONSIDERATIONS	197
Personal and Marital Stress	198
<i>Coping with the Stress of Parenting Multiples</i>	200
Insurance and Financial Concerns	201
Postpartum Depression	203
<i>Do I Have PPD?</i>	204
<i>Why Should I Seek Treatment?</i>	205
<i>What Treatments are Available?</i>	205
Online Safety and Security for Your Family	206
Resources	207
<i>Marital Stress and Multiples</i>	207
<i>Postpartum Depression</i>	207
<i>Insurance and Medical Bills</i>	207
<i>Personal Information and the Media</i>	208
CHAPTER 10: AN ENDING AND A NEW BEGINNING	211
Helpful MOST Resources	212