



Triplet Profile

Pregnancy:

- ♥The MOST Birth Survey contains 1504 responses from triplet families.
- ♥Pregnancy was confirmed on average at 4.1 weeks (ranging 1-35 weeks)
- ♥Triplets were confirmed on average at 7.2 weeks (ranging 1-35 weeks)
- ♥Triplet mothers were referred to a high-risk specialist on average at 10.9 weeks (ranging 0-35 weeks)
- ♥The average gestation of a triplet pregnancy is 33.1 weeks (ranging 16 - 39 weeks)
- ♥The average weight gain for a triplet pregnancy is 50.2 lbs (ranging 30 - 175 lbs)
- ♥62% of triplet mothers in this study received steroid injections prior to delivery.
- ♥20% of triplet mothers in this survey had a cerclage performed.

Delivery:

Average birth weight for triplets is 4lbs 1oz.

Average triplet birth weights		Weight Range	NICU Stay in days (range)	Hospital Stay in days (range)
Baby 1	4 lbs 3 oz	0 - 9 lbs 8 oz	18.3 (0-336 days)	22.2 (0-336 days)
Baby 2	4 lbs 2 oz	0 - 7 lbs 6 oz	18.5 (0-336 days)	22.5 (0-336 days)
Baby 3	4 lbs 0 oz	0 - 7 lbs 4 oz	19.9 (0-336 days)	23.6 (0-336 days)

Reason for delivery:

- ♥34.4% delivered due to labor progressing
- ♥21.4% were scheduled deliveries (C-section/induction)
- ♥13.4% delivered due to ruptured membranes (PROM)
- ♥14.1% delivered due to maternal complications

♥8.8% delivered due to fetal complication

♥5.3% delivered due to preeclampsia (high blood pressure)

♥ The remaining 2.6% delivered for the following reasons: poor fetal growth, fetal distress, placental abruption, eclampsia, HELPP syndrome, pulmonary edema, low or high amniotic fluid levels, uterine infection, complications of twin-to-twin transfusion syndrome, umbilical cord flow problems, fetal demise, kidney failure, and other.

The average gestation for a scheduled delivery was 35.3 weeks.

The average gestation due to preterm labor and other complications was 32.4 weeks.

# of Older Siblings	Average Gestation at Delivery
0	32.8 weeks
1	33.5 weeks
2	33.9 weeks
3	34.6 weeks
4	35.3 weeks
5	35.3 weeks
6	33.5 weeks

Triplet Births by Month/Season		
(Note: some surveys did not give a DOB)		
January	120	25% born in Winter 24% born in Spring 25% born in Summer 26% born in Fall
February	119	
March	117	
April	127	
May	113	
June	129	
July	130	
August	114	
September	129	
October	133	
November	122	
December	135	

Zygoty:

♥80.7% of triplets were all fraternal

♥2.9% of triplets were all identical

♥11.6 % of triplets were a combination of identical and fraternal

♥4.8% of triplets were of an unknown zygosity

Gender:

♥49.51% of triplets were female

♥49.36% of triplets were male

♥1.13 % gave no answer

Breastfeeding:

♥52% of all triplet mothers breastfed their babies for an average of 14.4 weeks.

♥30% of all triplet mothers pumped breast milk for their babies for an average of 12.5 weeks.

♥Triplet mothers either breastfed or provided breast milk for their babies for a total average of 13.6 weeks.

♥48% of triplet mothers indicated having difficulty breastfeeding or pumping.

Location:

The state with the largest population of triplets in this survey is New York representing 20.6% of all triplet surveys followed by New Jersey at 9.3%, Texas at 5.25%, Illinois at 5.05%, and California at 5%.

♥95.2% of the respondents to this survey lived in the US

♥1.6% lived outside the US

♥3.2% did not indicate a location

The year with the most triplet births in this survey was 1996 with 180 triplet families responding.

	Year 19**														Year 20**								
Year	84	86	87	88	89	90	91	92	93	94	95	96	97	98	99	00	01	02	03	04	05	06	07
Count	4	4	13	13	22	32	38	65	66	105	122	180	102	132	134	92	103	118	65	35	21	13	3

(Note: 18 triplet surveys did not give a date of birth;6 triplet surveys indicated a date of birth prior to 1984.)