

Multifetal Gestation

Orders:

Chorionicity	Workup
Diamniotic Dichorionic	<ul style="list-style-type: none"> <input type="checkbox"/> Serial ultrasounds for concordance / growth every 3-4 weeks <input type="checkbox"/> UA & MCA Doppler weekly if growth restriction or discordance, consider growth scans q 2 weeks <input type="checkbox"/> NST/AFI 2 x week at 34 weeks, or at diagnosis of growth restriction or discordance <input type="checkbox"/> Deliver at 34-36 weeks if discordant or growth restricted, otherwise 38 weeks <input type="checkbox"/> CBC at 32-34 weeks <input type="checkbox"/> PNV, folic acid (1 mg) FeSO4 supplementation
Monochorionic Diamniotic	<ul style="list-style-type: none"> <input type="checkbox"/> Ultrasound q 2 weeks for TTTS <input type="checkbox"/> UA & MCA Doppler weekly if early stages of TTTS suspected <input type="checkbox"/> Referral for laser ablation if TTTS diagnosed <input type="checkbox"/> PNV, folic acid (1 mg) FeSO4 supplementation
Monoamniotic twins	<ul style="list-style-type: none"> <input type="checkbox"/> Admission at 24-26 weeks <input type="checkbox"/> Weekly to twice weekly UA and MCA Doppler <input type="checkbox"/> Ultrasound for growth q 2 weeks <input type="checkbox"/> NST for one-two hours every eight hours <input type="checkbox"/> Celestone for FLM if cord entanglement suspected, or if category 2 FHR tracing <input type="checkbox"/> Consider delivery before/at 32 weeks <input type="checkbox"/> PNV, folic acid (1 mg) FeSO4 supplementation

CC: Routine care, possible IVF

Updated: 10/18/2011

History:

- May present with HEG
- Incidentally found on routine or indicated ultrasound
- Size of uterus larger than dates
- Two heartbeats auscultated

Differential Diagnosis:

Molar gestation, higher order multiple gestation

Notes:

- There is no such thing as twins, only di-di, mono-di, and monoamniotic twins
- Twin gestations are complicated by a higher degree of diabetes, preeclampsia, PPRM, and idiopathic preterm labor
- Remember to discuss mode of delivery and possible indication for Cesarean at an early prenatal care visit
- Aneuploidy is more common in monozygous twins, so make sure you offer your patient genetic screening
- 22-29% of twin gestations with symptoms of preterm labor will deliver within 7 days, use a combination of FFN and cervix length to triage
- Celestone for FLM is indicated if delivery is considered imminent or planned for within one week, consider supplemental dose if previously given steroids >2 weeks prior

