



Prenatal Package Twins Supplement

Congratulations! A twin pregnancy is very exciting news!

In addition to our routine standard of care for our obstetrical patients, additional testing and/or ultrasounds may be recommended. A twin pregnancy may have a higher risk of complications. Our goal for your care will be to monitor you closely throughout your pregnancy for possible preterm labor, fetal growth abnormalities, fetal malformations, and maternal complications such as gestational diabetes or problems with high blood pressure.

Please refer to this supplemental information in conjunction with our Prenatal Care Package information packet.

15 4/7 – 20 WEEKS

Typically, we recommend a targeted ultrasound, also called an anomaly scan, to be performed at the High Risk Obstetrics Center (at Meriter hospital) at about 20 weeks. The higher incidence of malformations in twin pregnancies is about a 6% risk versus a 3% risk in pregnancies with one fetus. The anomaly scan screens for the presence of malformations, allowing for special preparations if necessary.

You will be scheduled for monthly ultrasounds for growth thereafter. These scans are designed to monitor for growth concordance between the twins. These ultrasounds are performed in our clinic and may be scheduled with your routine appointments.

30 WEEKS & BEYOND

Most twin pregnancies will experience premature contractions. Only about half will have true premature labor which is defined as contractions that cause your cervix to open. Hospitalization and intravenous medications may be necessary for some patients.

DELIVERY PLANNING

Delivery plans will be discussed at your clinic appointments. The route of delivery - cesarean versus vaginal - will be determined based upon your individual needs and the safety of your babies.



Prenatal Package Twins Supplement

WEIGHT

It is important to gain adequate weight during a twin pregnancy. For women who are of normal weight, 35 to 45 pounds is average. Normally one to one and ½ pounds per week after the first 12 weeks should be gained to adequately nourish the babies. For women who are greater than average weight, we suggest you do not attempt to lose weight during your pregnancy. You should expect to gain about 20- 25 pounds, even if overweight.

Typically you must consume 150 calories more per day than if you had a singleton pregnancy [for a total of 450 calories per day extra]. Suggestions regarding diet include:

- Continue to consume a healthy diet high in protein, dairy, vegetables, fruits and whole grains. Use minimal fats, oils and sweets.
- Iron – 29mg after the 12th week of pregnancy is recommended in order to decrease your chance of anemia. Iron is also found in foods such as red meat, pork, poultry, fish, eggs, iron-fortified breads and grains, vegetables and nuts.
- Supplements that include calcium, zinc, folate, copper, vitamin B-6, vitamin C and vitamin D.
- Omega-3 fatty acids – vital for fetal neurological and retinal development.

EXERCISE

The need to balance rest with activity is critical. Generally, after 20-24 weeks, energy levels decline. Physical changes associated with twin pregnancies are more pronounced and occur earlier in the pregnancy. You need to listen to your body, allow yourself to rest and even ask for help. Certainly, your individual work may also need to be modified as the pregnancy progresses. Please discuss this issue with the doctor or our nurse practitioner.

Thank you for allowing Physicians for Women to partner with you on your healthcare. Our care plan is designed to assure you we are taking every precaution to ensure that your pregnancy remains healthy and safe.