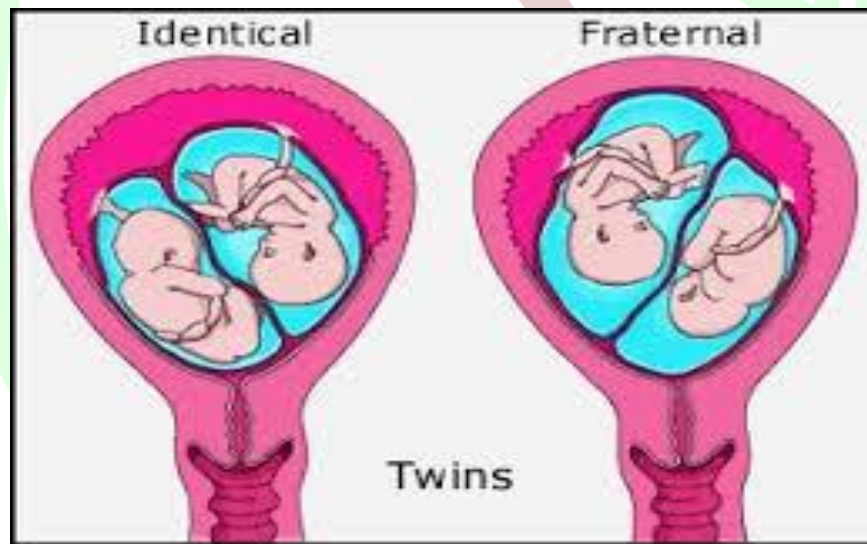


How does multiple pregnancy occur?

A pregnancy with more than one baby is called multiple pregnancy. If more than one egg is released during the menstrual cycle and each is fertilized by a sperm, more than one embryo may implant and grow in your uterus. This type of pregnancy results in fraternal twins (or more). When a single fertilized egg splits, it results in multiple identical embryos. This type of pregnancy results in identical twins (or more). Either or both processes may be involved in the formation of multiple pregnancy.



What is the most common complication of multiple pregnancy?

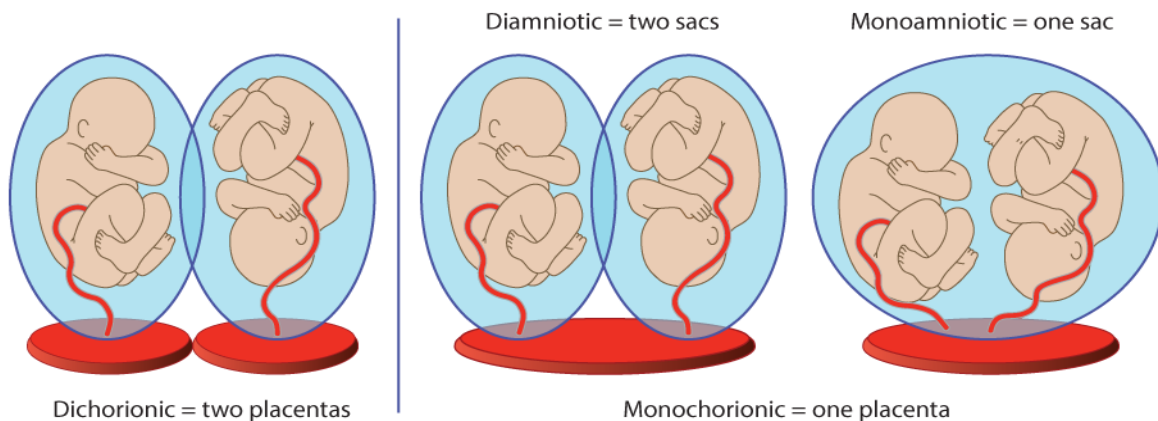
The most common complication of multiple pregnancy is premature birth.

What are the types of twins?

1. Dichorionic-diamniotic twins – Twins who live in different rooms (different sacs) with their own kitchen or source of food (placenta)- there is no sharing of food between the twins.
2. Monochorionic-diamniotic twins – Twins who live in two different rooms but share the same kitchen (share the same placenta/source of

food)- hence there usually is unequal sharing of placenta/food among the twins leading to various kinds of complications.

3. Monochorionic-monoamniotic twins – Twins who stay in the same room (same sac) and share a common kitchen (same placenta/source of food)- hence they also have complications due to unequal sharing of the placenta/food.



What are the risks associated with monochorionic babies?

Monochorionic babies have a higher risk of complications like Twin to twin transfusion syndrome (TTTS), Twin reversed arterial perfusion (TRAP), Twin anemia polycythemia sequence (TAPS), selective fetal growth restriction and conjoined twins.

How to monitor multiple pregnancy ultrasonographically?

Women with an uncomplicated dichorionic twin pregnancy should have a first-trimester scan at 12-13 weeks, a detailed second-trimester scan at 18-19 weeks, and scans every 4 weeks thereafter. Complicated dichorionic twins should be scanned more frequently, depending on the condition and its severity.



Uncomplicated monochorionic twins should have a first-trimester scan at 12-13 weeks and then be scanned every 2 weeks after 16 weeks till delivery in order to detect TTTS and TAPS in a timely manner. Complicated monochorionic twins should be scanned more frequently, depending on the condition and its severity.

How to screen for chromosomal abnormalities in twin pregnancy?

Screening for Trisomy 21 can be performed in the first trimester using the combined test (nuchal translucency thickness (NT), free beta-human chorionic gonadotropin (β -hCG) level and pregnancy-associated plasma protein-A (PAPP-A) level .

