



pregnancy checklist for multiples



The experts at Texas Children's Fetal Center® in Houston have developed this handy checklist to help you make sure you and your babies are getting the best care possible. The Fetal Center at Texas Children's Hospital® is ranked among the best in the nation, and it has developed a specialized Program for Multiples that evaluates special health care concerns and issues in a single-day consultative visit for expecting mothers of multiples.

week 12

- ☐ Obtain a high risk ultrasound appointment with a maternal-fetal medicine (MFM*) physician

*An MFM is an obstetrician who has received years of extra training and specializes in diagnostic ultrasound and high risk pregnancies.

week 14

- ☐ Hemoglobin and hematocrit (H&H) and glucose check (moms with multiples have an increased incidence of anemia and of gestational diabetes)

week 16

- ☐ Ultrasound to examine growth, conduct a multivessel Doppler surveillance** and if identical twins, measure the maximum vertical pocket (MVP***); in addition, a cervical check via ultrasound placement in the vagina for the most accurate measurement

Continue ultrasounds every three to four weeks if the twins are fraternal or every two weeks if the twins are identical

Continue cervical check every two weeks if the fluid increases, the cervix shortens or there is previous history of a preterm delivery

**Multivessel Dopplers surveillance is a set of measurements obtained through ultrasound that can indicate potential problems. Vessels are measured in three places on the baby: the middle cerebral artery in the brain (MCA), the umbilical artery (UA) and the ductus venosus (DV).

***MVP is the maximum vertical pocket of both amniotic sacs. Variances in the sacs are early warning signs that a complication may occur.

week 24

- ☐ Cervical check

week 30

- ☐ H&H and glucose check

To find out more about the experts at Texas Children's Fetal Center and the Program for Multiples, visit www.fetal.texaschildrens.org