

Review of Triplet Pregnancies at District General Hospital

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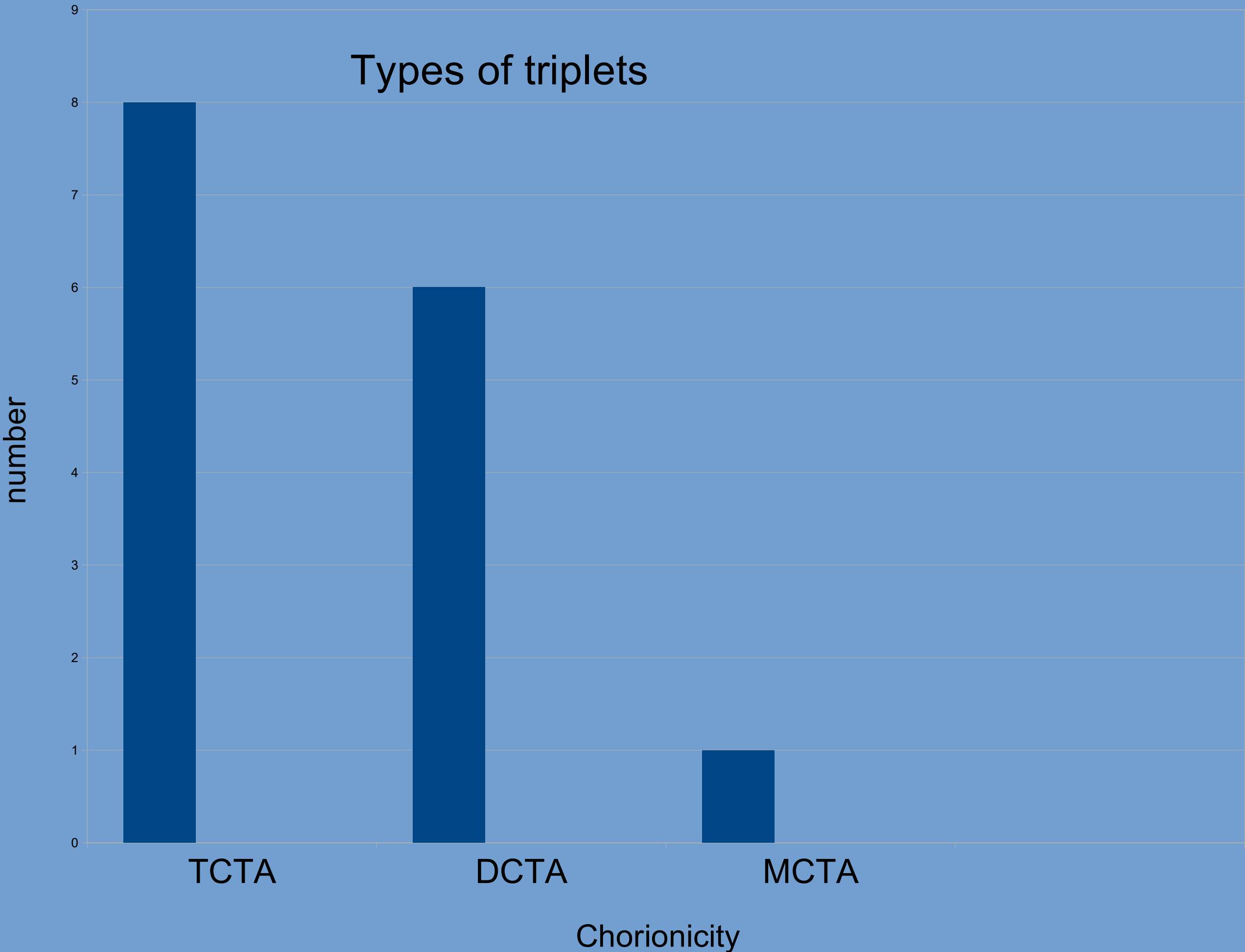
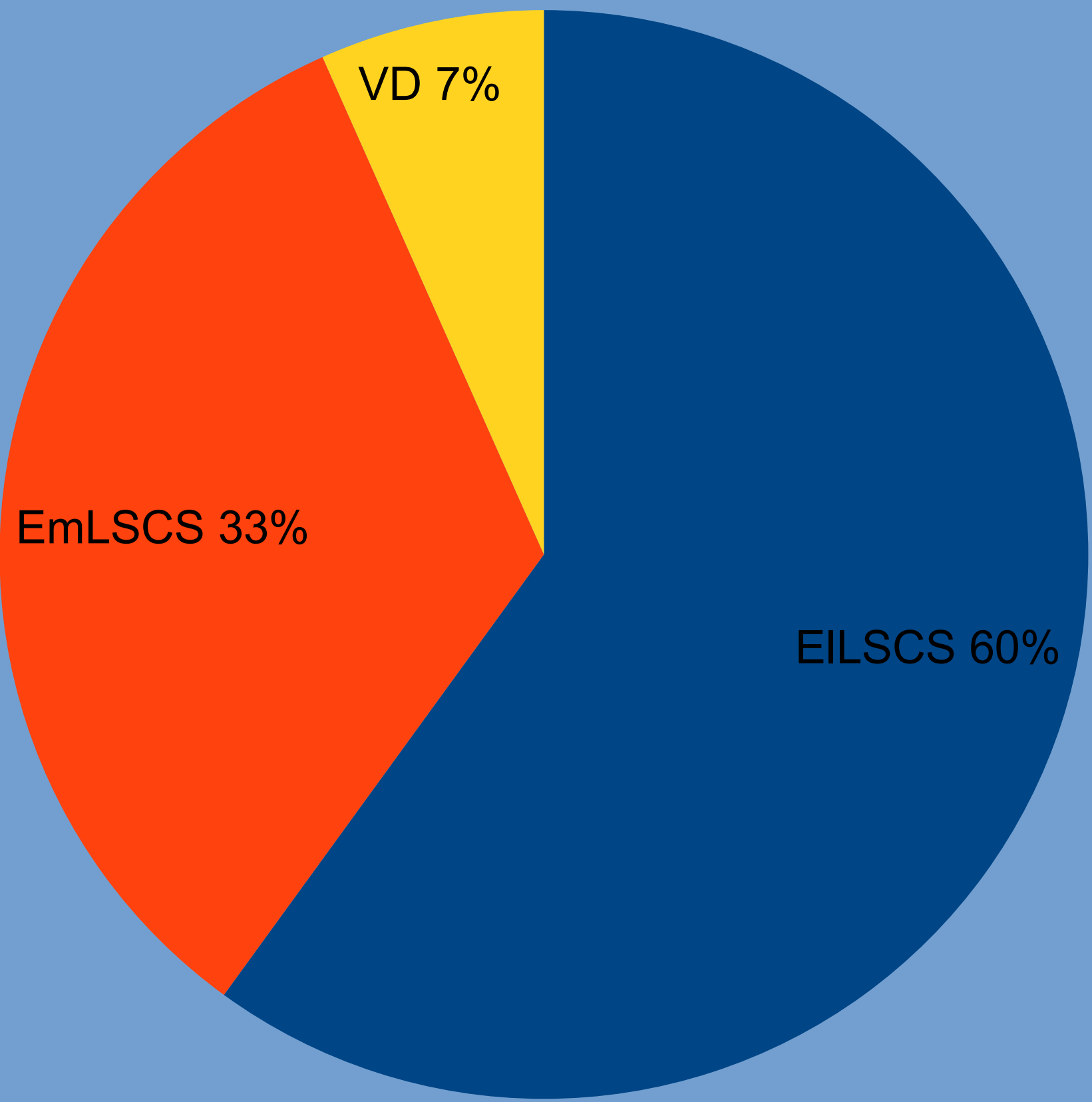


Introduction :Spontaneous higher order of multiple pregnancies are rare, and the incidence of spontaneous triplet pregnancy is about 1/4000.

Methods: We reviewed the outcome of all the triplet pregnancies managed at our hospital over the last 15 years . A total of 19 cases of triplet pregnancies were identified. Of which, case notes were not available in one case, one had a spontaneous miscarriage at 20 weeks and two cases were transferred to another unit for delivery due to shortage of neonatal beds . We included 15 cases in our analysis .

Results:

Avg age	Avg BMI	Parity	Avg GA at delivery	Avg birth weight
35.20 Years	26.25 Kg/m ²	46% Primigravida	33 weeks	1800 grams



Conclusion: The management of higher order multiple pregnancies is always very challenging. The improved outcome of triplets in our case series is attributed to early diagnosis and identification of chorionicity , appropriate counselling with regular foetal medicine surveillance and plan for delivery at appropriate gestation ensuring all the necessary neonatal facilities are available. .