



# SUCCESSFUL PREGNANCY OUTCOME FOLLOWING QUADRUPLETS PREGNANCY: A MANAGEMENT DILEMMA

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## Introduction

- Pregnancies with three or more fetuses are referred to as higher order multiple gestations.
- They are more commonly seen nowadays due to development and availability of assisted reproductive treatments.
- It may lead to increased maternal and fetal morbidity due to exaggerated pregnancy complications, preterm birth and extreme prematurity.
- Evidence on optimum management of higher order multiple pregnancies are lacking and it is an evolving area in current obstetric practices.

## Case report

- A 32 year old mother, conceived following In-vitro-fertilization, followed up regularly at tertiary care hospital until the admission to the ward at 32 weeks of gestation.
- It was trichorionic tetra-amniotic pregnancy. At 24 weeks of gestation, nearly 30% weight discrepancy noted in smallest fetus and their growth and well-being was assessed regularly until birth.
- She was on progesterone support, routine supplementation and aspirin during her antenatal period.
- She delivered at 33 weeks of gestation through an elective cesarean section.
- Birth weights were ranging from 0.9kg to 1.45kg and admitted to neonatal care unit.
- Prophylactic B-Lynch sutures applied intra-operatively, observed for post-partum bleeding and prophylactic measures were taken to prevent deep vein thrombosis.
- Psycho-social support arranged and long-acting reversible contraception provided at the discharge.

## Discussion

- Availability of neonatal intensive care facilities, antenatal fetal monitoring, maintaining the maternal well-being are the key challenges in managing higher order multiple gestations.
- It should be managed in a tertiary care setting with advanced neonatal and obstetric facilities involving multi-disciplinary assistance.
- Preterm birth, selective growth restriction, twin to twin transfusion, early placental dysfunction, maternal discomfort, exaggerated pregnancy symptoms, gestational diabetes, gestational hypertension, anaemia, venous-thrombo embolism and obstetric hemorrhage are the common complications to be anticipated.
- Maternal physical and psychological well-being plays an important role as it directly affects the pregnancy outcome.
- Caring for four babies is an extremely challenging situation to a family with an average income.
- Providing advanced neonatal care to multiple extreme premature babies is an additional burden to neonatal services and which may adversely affect the overall neonatal care.

## Reference

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## Conclusion

- Currently evidence is lacking on management of higher order multiple pregnancies in relation to antenatal, intra-partum and post-partum care.
- It is an evolving area in current obstetrics.
- Laws and regulations should be implemented in developing countries on providing assisted reproductive treatment in order to minimize higher order multiple pregnancies as it is an emerging burden to health care system.



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