



MULTIFETAL PREGNANCY AND LABOR

A great start to multiple parenthood





MULTIFETAL PREGNANCY AND ITS PREVALENCE

- The percentage of twin births in Finland is 1,35% out of all childbirths.
- Annually there are 600–700 twin pairs born during the past years.
- Pregnancies with triplets- and quadruplets are rarer.





THE DERIVATION OF MULTIFETAL PREGNANCY AND THE AFFECTING FACTORS

- The twin pregnancy can start from the splitting of the fertile egg (same-egg or identical), or when two eggs are fertilized (two different eggs or non-identical).
- The affecting factors of a multifetal pregnancy are genetics, the age of the expectant, height and the number of previous pregnancies as well as good nutrition.





MONITORING MULTIFETAL PREGNANCY

- Individual. Is based on the prognosis of the pregnancy.
- The frequency of checkups is determined by the amount of fetuses and placentas, the health of the mother, and the progress of previous pregnancies.





THE SPECIFICS OF A MULTIFETAL PREGNANCY

Symptoms of the expectant:

- Fatigueness
- Nausea
- Rapid growth of the womb
- Problems with the back and with the lower limbs
- Density of the pulse
- Anemia
- Contraction sensations

The risks of multiple pregnancy:

- Preterm contractions
- Pre-eclampsia
- Pregnancy hepatitis
- The differences in size of the fetuses
- Preterm labor, light weight
- Stillbirth





CHOOSING THE WAY OF LABOR

Is affected by the progress of the pregnancy, and previous labors, and by both the number of fetuses and placentas, and how the fetuses are positioned.

- The aim is a vaginal delivery, in case it does not cause any danger to the health of the mother or of the babies.





BIRTH OF MULTIPLE CHILDREN

- Do get peer support already during pregnancy.
- Be prepared for the preterm labor and for an intensive care unit period which the children might be needing.
- Already during pregnancy, make sure that there will be help available later for at home and with childcare.





THE SIGNIFICANT OTHER AT THE DELIVERY OF MULTIPLE CHILDREN

- Labor is an amazing experience in the life of the significant other.
- The most important task of the significant other is to support and encourage the one in labor.





AS A FAMILY AT THE HOSPITAL

- The period of stay at the hospital is individual.
- Most hospitals have the facilities to offer you a family room after the birth of multiple children.
- Staying in the family room enables getting help with the babies also during the nights.





HOMECOMING

- Prepare for the coming of the babies, map the support network and make the purchases on time.
- Be prepared for that the homecoming may happen gradually according to how the babies are doing.

