



Birth with Multiples

Planning for the Big Day

Even though you have entered the world of a high risk pregnancy, the births of your babies will be a special and memorable event. We look forward to this big day with you. You can be confident that your health and the health of your babies is always our top priority.

The birthday of your children will be a day you will recall many years into the future. It is the day you meet your children face to face. What happens on their birthday becomes one of those precious family stories you will tell and retell over the years. For some, if the babies are born preterm, the event can be overwhelming with a great deal of medical equipment and staff. For some, the day can't come soon enough. They are ready to welcome their little ones into the world!

Sometimes labor is induced for a mother expecting multiples. Inducing labor involves causing the uterus to contract by using medications such as Cervodil and Pitocin. We monitor your babies and your uterus very carefully if you are being given these medicines. Before labor is induced your care providers may perform an amniocentesis to find out whether your babies' lungs are mature.

If you are pregnant with triplets or more, the arrival of your babies most likely will be by Caesarean section birth.

If you are pregnant with twins, there is a 50 percent chance that they will be born by Caesarean section birth and a 50 percent chance that they will be born vaginally. This rate may vary by hospital and care provider. Delivery of twins also depends on the position or presentation of your babies in the uterus. Baby A is the baby closest to your cervix.



Questions?

Your questions are important. Call us if you have questions or concerns.

Perinatal Education
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- If baby A is breech, most care providers would plan delivery for both babies by Caesarean section
- If both baby A and baby B are head down, delivery will most likely be vaginally.
- If baby A is head down, and baby B is breech or transverse, some care providers would plan to deliver both babies by Caesarean section, while others would assist in delivering baby B vaginally after the vaginal birth of baby A. Talk to your care provider about whether you are a candidate for vaginal birth.
- The potential for assisted vaginal birth and Caesarean-section birth is higher in women expecting multiples. Most care providers recommend epidural anesthesia (anesthesia placed via a very small tube into the epidural space outside the spinal column) for labor and delivery. Epidural anesthesia can provide pain relief for a vaginal birth if delivery assistance is needed and can quickly be changed to the required anesthesia for a Caesarean section birth.



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