



NEWLIFE FERTILITY CENTRE

PATIENT INFORMATION

RE: OVARIAN HYPERSTIMULATION (OHSS)

OHSS can be mild or it can be severe. Controlled ovarian hyper stimulation with fertility drugs can result in some discomfort but usually resolves without complication. The severe form of OHSS occurs in approximately 1 percent of the time. Hospitalization is required in these cases but the condition usually lasts only a week or two. Risk of OHSS is increased in women with polycystic ovaries (PCO) and in conception cycles when fertility injections are used and have resulted in excessive ovulation. The use of ultrasounds and/or blood tests will enable your physician to predict your risk.

Warning Signs:

Weight gain and fluid retention

Shortness of breath

Abdominal pain and distention

Difficulty with moving and bending

Please call the clinic for any of these symptoms. If you are calling after hours, your message will be received the next day and the nurse will return your call.

How to Evaluate the Warning Signs:

Use a measuring cup to measure what you drink and also measure how much you urinate. Do not drink more fluids than you put out unless you are putting out less than 800 ml of urine in 24 hours. *In this case, drink 2 liters of Gatorade per day.* If you are feeling bloated and full and your clothes feel tight measure your waist on a-daily basis and record it. Call the clinic if your waist grows > 3cm per day. Weigh yourself each day and let the clinic know if you have gained more than 2 pounds per day. You should reduce your activity level but bed rest is not required.

In the event of an emergency, phone Newlife where a doctor or nurse is available to you during office hours at the clinic or by pager between the hours of 4pm and 8pm. The pager number is only for dire emergencies, for emergencies after 8pm please go to the Brampton Civic Hospital and have the emergency team page your fertility specialist. You will be assessed and your physician will decide whether your symptoms are severe enough for hospital admission or for outpatient observation