

Having Twins



If you are expecting more than one baby, it is called a multiple pregnancy. A multiple pregnancy puts more stress on a woman's body. You should see your doctor more often.

CARRYING MORE THAN ONE BABY CAN CAUSE:

- Preterm labor
- Low birth weight
- One baby getting more blood than the other (this is called twin-to-twin transfusion)
- Preeclampsia
- Gestational diabetes
- Anemia

BUT, THERE ARE SEVERAL THINGS YOU CAN DO TO HELP AVOID THESE PROBLEMS:

- Eat lots of red meats, green leafy vegetables, beans, nuts, dried fruits, cereal, raisins, eggs, milk, yogurt and cheese.
- Drink at least 8 large glasses of water every day.
- Do not drink soda, coffee or tea with caffeine.
- Take your prenatal vitamins.

- Do not lay flat on your back. Laying on your left side is best.
- Pass your urine at least every two hours.

If you are having a multiple pregnancy, you will need to have special care and tests while you are pregnant. This care includes:

- Repeat ultrasounds to check your babies' growth.
- Non-stress tests (NST) to monitor your babies' heart beats.
- A special ultrasound to monitor the babies' well-being called a biophysical profile (BPP).
- A physical or ultrasound exam of your cervix.

You also have a greater chance of having a C-section to deliver your babies. There will also be additional medical people at the delivery to help care for your babies.



FOR MORE INFORMATION about pregnancy, call Care Management at 1.800.414.6580 (TTY: 1.800.473.0989).



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Medicaid & Medical Assistance