

# Specialists In Reproductive Medicine & Surgery, P.A.

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*Excellence, Experience & Ethics*



## Ovarian Hyperstimulation Precautions

### Explanation:

**Ovarian HyperStimulation Syndrome (OHSS)** may occur with the use of Clomiphene Citrate or Gonadotropin injections. The ovaries enlarge and fluid collects in various body cavities including the abdominal cavity. The risk of OHSS is minimized through ultrasound measurements, estrogen levels and pelvic exams. *Mild* pelvic discomfort is common after any ovarian stimulation. While the risk of OHSS is present, the risk is small with significant OHSS and is estimated to occur less than 1% of stimulated cycles. Early diagnosis is the best way of preventing further problems.

### General Instructions:

The following are some of the ways you can do to help your physician make an early diagnosis of OHSS:

1. After ovulation, please record your weight each day. If there is a **5 lb.** weight gain in a single day or greater than **10 lbs.** total, please contact the office. If your weight starts to increase at all, please also measure and record your waist circumference. If it increases **2 inches** or more in one day, please call.
2. Pelvic pain not relieved with Tylenol may be of concern, so please contact the office.
3. If you have nausea, vomiting or shortness of breath, please call the office.
4. If you think that you may have OHSS, we recommend that you not engage in vaginal intercourse. The activity may prove uncomfortable.
5. Excess fluid that accumulates in any body cavity may need to be removed. If moderate or severe OHSS does occur, you may need to be hospitalized.
6. Pregnancy may worsen the severity and prolong the OHSS.
7. Serious complications can occur from OHSS including pain, the accumulation of fluid in the abdomen, chest, lungs and the sac around the heart, blood abnormalities, swelling of the liver, liver rupture, ovarian torsion, kidney failure, the formation of blood clots and even death.

**Historically, the risks of OHSS used to be far greater before ultrasound and blood monitoring procedures became available.**

***Do not hesitate to call the office with any concerns.***

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