



## Ovarian Hyperstimulation (OHSS)

Many women undergoing an IVF cycle experience mild cramps and abdominal tenderness caused by enlarged ovaries. Few women (less than 2%) experience more severe symptoms. You should be aware of the more serious signs and symptoms so you can discuss them with the nurses if they occur. The most common time for developing the more serious symptoms is in the two week waiting period between embryo replacement and the pregnancy test.

### Mild Ovarian Hyperstimulation (OHSS)

Signs and symptoms:

- Abdominal bloating and feeling of fullness
- Nausea, diarrhea and/or slight weight gain

What you should do:

- Refrain from sexual intercourse
- Reduce activity and avoid heavy lifting, straining or exercise
- Rest in reclining position if necessary
- Limit fluid intake to 1 litre (1000cc) a day, we suggest Gatorade or Boost with minimal water intake
- If you are unable to tolerate fluids please call the clinic and speak to a nurse (250-861-6811)

### Moderate OHSS

Signs and symptoms

- Weight gain of greater than 2 pounds a day
- Clothes become very tight
- Vomiting and diarrhea

What you should do

- The steps mentioned above "Mild OHSS"
- Call the clinic and speak to a nurse (250-861-6811)
- Weigh yourself every day and measure your abdominal girth daily
- Keep a record of how much fluid you are drinking and how much urine you are passing
- You may be asked to see one of the physicians if you are "in-town" or your own physician if you are "out-of-town"
- A blood test and ovarian ultrasound may be required

## **Severe OHSS**

Signs and symptoms listed above, plus:

- Shortness of breath
- Very little or no urine
- Severe abdominal bloating or distension
- Lower abdominal pain

What you should do:

- CALL THE Kelowna Regional Fertility Centre IMMEDIATELY to arrange to be seen by a physician.
- Occasionally, aspiration of fluid from around the ovaries is necessary to relieve these symptoms.
- Rest in bed as much as possible. Place 2 or 3 pillows under your head and shoulders to relieve shortness of breath.
- Tylenol, 1 or 2 tablets every 4 hours, helps to relieve abdominal pain.
- Drinking “Gatorade” and “Ensure” usually helps to correct the fluid imbalance.
- Call in to the clinic every day to report your weight, abdominal girth measurement, and volume of urine passed in the previous 24 hours.
- If your period starts, you will begin to feel better. However, if you are pregnant, the symptoms may take several weeks to resolve completely.