



Ovarian Hyperstimulation Syndrome

This is a syndrome that can occur during or after fertility treatment. By stimulating the ovaries with hormones to produce multiple follicles at one time, the blood estradiol level rises. Then, with the administration of hCG (pregnancy hormone) to induce ovulation or with the development of a new pregnancy in which hCG is produced by the body, the syndrome may develop.

This high estrogen hormone level may cause nausea and it may cause abdominal bloating and water retention. Since the ovaries are enlarged with growing follicles, they induce fluid to leak out of the blood vessels to surround the ovaries.

Most common is a mild form of ovarian hyperstimulation syndrome. Symptoms include abdominal fullness or bloating.

Prevention

By withholding the hCG injection, the ovarian hyperstimulation syndrome can be avoided. This usually means canceling the stimulation cycle. Alternatively, the treatment can be continued but then there is still a possibility of hyperstimulating. To decrease the likelihood of developing OHSS, there are things that can be done. This includes:

- 1) Lowering the dose of hCG to be injected or not using hCG to cause ovulation or
- 2) Converting to an in vitro fertilization (IVF) treatment.

Call the office if any of these symptoms develop:

- Severe pain unrelieved by pain medication
- Nausea-vomiting preventing fluid intake
- Weight gain of two pounds or more in one day
- Decreased or inability to urinate

Please do not hesitate to call Dr. Miller if you have any questions or concerns.