

OVARIAN HYPERSTIMULATION SYNDROME (OHSS)

Ovarian hyperstimulation syndrome (OHSS) is an exaggerated response from ovulation induction therapy. Women with OHSS have a large number of growing follicles along with high estradiol levels. Some risk factors for developing OHSS are young age, low body weight, polycystic ovarian syndrome (PCOS), and higher doses of exogenous gonadotropins, high absolute or rapidly rising estradiol levels, and previous episodes of OHSS. In addition, risk rises with number of developing ovarian follicles and the number of oocytes retrieved in assisted reproductive technology (ART) cycles.

High amounts of circulating estrogen in your blood is the main indicator for OHSS. This leads to fluid leaking into the abdomen (belly), which can cause bloating, nausea, and swelling of the abdomen. When OHSS is severe, blood clots, shortness of breath, abdominal pain, dehydration, and vomiting are possible. Normally, no treatment is required other than drinking extra fluids, especially fluids with added electrolytes. In severe cases, hospitalizations may be required for administration of IV fluids and close monitoring.

OHSS is transient and usually does not persist more than a week after the controlled ovarian hyperstimulation has been stopped and if you are not pregnant. In pregnancy, OHSS may persist 10-30 days.

Symptoms of mild OHSS	Symptoms of severe OHSS
Abdominal bloating Mild nausea 5-10 pound weight gain in 3-5 days	Severe abdominal pain Decreased urinary frequency Tea colored urine Shortness of breath Severe nausea/vomiting Greater than 10 pound weight gain in 3-5 days

To help alleviate symptoms and prevent severe OHSS:

- Drink plenty of fluids with added electrolytes at least 10-12 glasses per day or one 8 oz glass of water an hour while you are awake.
- Drink enough so that your urine is clear or pale yellow and empty your bladder at least every 2 hours.
- Avoid alcohol and caffeinated beverages.
- Eat plenty of protein or drink muscle milk/V8 juice to help with metabolism of estrogen.
- Your doctor may prescribe Dostinex or Cabergoline for 8 days to help decrease any side effects of OHSS. Please take your medication as directed.
- You may use extra strength Tylenol if needed for pain.
- Weigh yourself at the same time on the same scale each day to monitor for rapid weight gain.

**Please call your clinic if you experience any symptoms of OHSS.
FOR AFTER-HOURS emergencies call 214-297-0020**