

## OHSS – OVARIAN HYPERSTIMULATION

Approximately 7% of women who are stimulated with fertility drugs may respond with Ovarian Hyper Stimulation Syndrome (OHSS). These women will exhibit fluid accumulation in the abdominal cavity. This fluid comes from the blood vessels that are found in the abdomen. Patients may experience weight gain, bloating, abdominal pain, difficulty breathing and difficulty in sleeping while lying flat.

### PATIENT INSTRUCTIONS

- Weigh yourself daily – starting on the first day you begin injections
- Drink plenty of fluids. Fluids with electrolytes and salts such as Gatorade and V8 are best. Avoid ONLY drinking plain water. Be sure to drink at least 1 liter of fluid daily. Eat salty snacks such as pretzels and potato chips.
- Monitor your urine. Dark urine signals dehydration. Be sure to drink enough fluid to keep your urine a light color. Please let us know if you notice a significant decrease in the amount of urine you void.
- Periodically stretch your legs and wiggle your toes.
- Pelvic rest; no intercourse, tampons, pelvic ultrasound or examinations. If you must be seen in an Emergency Room, DO NOT allow anyone to do a bimanual pelvic exam.
- Limit lifting to 5 lbs.
- Avoid constipation; drink fluids, eat raw fruits, vegetables and high fiber cereals.
- **Call your doctor if you experience:**
  - Difficulty breathing
  - Severe bloating
  - Fainting
  - Persistent nausea and/or vomiting
  - Fever > 100.4
  - Sudden increase of weight > 2 pounds