



Mother delivers premature twins at the ripe age of 44

Patient Name: Ananya Saha

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A couple was suffering from infertility for the last 15 years. The wife was treated for infertility and she eventually became pregnant through IVF technique at the ripe age of 44. During gestation she was suffering from Hypothyroid and Pregnancy Induced Hypertension (PIH). At 29 weeks of pregnancy (roughly 7 months) she developed urine infection and subsequently went into labour. As it was a prolonged/obstructed labour and the babies were getting compromised, in utero - Emergency Caesarian section was done immediately to steer the mother and baby out of risk. Post operatively she developed broncho spasms along with severe hypertension and was subsequently put on elective ventilation under the supervision of the ICU team. She was shifted to ward once she was in a stable condition.

1st baby was a boy weighing 1kg. He was pale, with no respiratory effort and slow heart rate and needed extensive resuscitation. He was put on ventilator. He was taken off ventilator after 48 hours and was started on CPAP machine and gradually oxygen was reduced. His gut was very immature and he was given parenteral nutrition through central line which was placed from elbow up to his heart. For the first few days his blood sugar, serum Sodium, Potassium and Calcium levels were all abnormal needing correction and close monitoring. Feeding was established very slowly to prevent the dreaded complication namely necrotizing enterocolitis. His brain was so immature that he often forgot to breathe (Apnoea) and became blue. To prevent this, he was administered a special injection which is very similar to Coffee. Despite all this, he had to be closely monitored and often physically stimulated to keep him breathing appropriately. He also received antibiotics. He developed significant jaundice and received phototherapy. In spite of so premature birth, nutritional aspect was taken care of appropriately and he did not lose weight, which was quite remarkable. At the time of discharge his weight was around 1.5 kg.

2nd baby was a girl weighing 1.05 Kg and we ran a similar course for her in the NICU. Both of them were handed over to their mother at around 3 weeks of life, breast feeding and gaining weight. All three of them were discharged from hospital in stable condition.