Centre universitaire de santé McGill | McGill University Health Centre

MUHC Reproductive Ovarian Hyperstimulation (OHSS)

WHAT YOU NEED TO KNOW ABOUT OVARIAN HYPERSTIMULATION (OHSS)

Your doctor has said that you are at risk for ovarian hyperstimulation. This means that you have responded to treatment more briskly than is usual and that your ovaries are producing an excessive number of follicles and estrogen.

Ovarian hyperstimulation will resolve on its own, usually within a week or two, but can be very serious and so you will be monitored carefully during the time that you are at risk. You will be asked to come to the clinic one week after your HCG *(Profasi©)* injection (make an appointment for this now) and possibly again every few days for ultrasounds and blood tests in order to monitor your condition.

You may not be experiencing symptoms at this time but it is not unusual for patients who are at risk for OHSS to experience some symptoms. You may notice that you feel *"bloated" with mild to moderate discomfort, or some abdominal cramping***.** You may also experience *loss of appetite, nausea, vomiting and / or diarrhea*. You may be *short of breath* after physical activities or even at rest. In addition, you may notice *swelling in your hands or feet***.** Finally, a ***decrease in urine volume or urine that is dark in colour, may mean that hyperstimulation is worsening.***

Please pay attention to any symptoms that occur. Record these on your Self-Monitoring Record below and bring this in with you when you come to the clinic for follow up. It is important to report your symptoms because these are important indicators of hyperstimulation. *It is especially important to report any symptoms that worsen **after** your HCG (Profasi©) injection.*

Remember, OHSS will resolve on its own. In the meantime, it will be helpful to reduce your activity level and avoid sexual intercourse. Tylenol© extra strength will help if you have abdominal pain and is safe to take. A heating pad or hot water bottle may also help. Most important of all, *be sure to increase your fluid intake by 1 – 2 liters a day (particularly if your urine appears dark)* to prevent worsening of your condition and relieve your symptoms. Sport drinks such as Gatorade©, which are electrolyte balanced, are best, but broth and juice are also helpful (avoid plain water, coffee, tea and carbonated beverages).

Finally, if you have any concerns or if **you're experiencing any of the symptoms listed below**, please call the Clinic's nursing info-line on **(514) 843-1650 Option** 1 (from 8:30 am to 4:30 pm) or the Royal Victoria Hospital **(514) 934-1934** (after normal working hours) and have the operator page the physician on call for infertility:

- **You have difficulty breathing**
- **You feel nauseated and cannot drink 1.5-2L fluid a day**
- **You are vomiting or have diarrhea**
- **Your weight increases more than 1 kg or 2 pounds in 24 hours**
- **You abdominal measurement increases more than 1-2cm at any time**

PATIENT SELF- MONITORING RECORD

DATE OF EGG RETRIEVAL _____

DATE	WEIGHT	ABDOMINAL MEASURE	NAUSEA/VOMITING	DIARRHEA	FLUIDS IN	FLUIDS OUT