CASE REPORT

83. Pregnancy outcomes following elective fetal reduction from dichorionic twins to singleton: Analysis of 30 consecutive cases performed at 11-14 weeks.

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Background: Requests for reduction from twins to singleton are being faced more frequently in the recent times. This study aims to assess the outcomes of fetal reduction from DCDA twins to singleton where both fetuses looked anatomically normal for gestation.

Materials & Methods: This is a case series carried out in a single fetal medicine unit in Kolkata over a period of 36 months. Internal ethics committee approval was obtained for this retrospective review. Women carrying dichorionic diamniotic twins where there were no obvious medical indications were included in the study. The only reason for performing these procedures was maternal request. All cases were performed trans-abdominally at 11-14 weeks gestation by a single operator with considerable experience. The primary objective of this study was to assess the risk of procedure related pregnancy loss. The secondary objective was to assess the overall pregnancy outcome for these cases.

Results: 31 cases were performed in this study period but one was lost to follow up. Hence 30 cases were analysed retrospectively. We did not have any pregnancy loss before 24 weeks in this series. Three underwent premature delivery before 34 weeks but all other pregnancies could be continued till term and delivered after 37 weeks with good perinatal outcome.

Conclusion: Our study results, when compared with published literature appeared comparable in terms of the risk of miscarriage, gestational age at delivery and birth weight. Fetal reduction remains an effective option in cases to DCDA twins to those who prefer to give birth to one child only.