

# Ovarian Hyperstimulation Syndrome (OHSS)



MelbourneIVF  
A MEMBER OF VIRTUS HEALTH

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Ovarian Hyperstimulation Syndrome (OHSS) is a potentially dangerous medical condition, which can occur in a small number of women who have had Follicle Stimulating Hormone (FSH) Injections.

The administration of these medications can result in an increased number of follicles, causing enlargement of the ovaries and an increase in the amount of hormones produced by the ovaries.

The aim of FSH treatment at Melbourne IVF is to collect between 10-15 eggs whilst avoiding over-stimulating the ovaries. Despite this, some women still develop an excess number of follicles or eggs and are therefore at risk of OHSS.

If you have 20 or more follicles on ultrasound, or 20 or more eggs collected at the time of Egg Collection (Ovum Pick-up, OPU), you are at an increased risk of developing OHSS. At this time, the Melbourne IVF nurses will commence OHSS monitoring. Although uncommon, this condition can occur in women with less than 20 eggs.

## Symptoms

Symptoms are categorised from mild to severe. These symptoms may include:

- Abdominal swelling and bloating
- Weight gain
- Nausea and vomiting
- Decreased urine output
- Shortness of breath

## Nurse monitoring

If you've been identified as being at risk of OHSS, a nurse will contact you via phone call daily, with the exception of Sunday, to discuss and assess your OHSS symptoms. The nurse will assess your symptoms. In more severe cases of OHSS you may require further assessment by your Fertility Specialist or your local emergency department. It is important to return your nurses' phone call even if you are feeling better. Monitoring will only be ceased once you are feeling better. If you have any concerns about your symptoms, please call your nursing team.

## In the case of an emergency

If out of office hours, bring this document and present to:

- Royal Women's Hospital Emergency
- Epworth Hospital Emergency
- Local Emergency Department

If you have any questions, please contact your nursing team during business hours.

Phone: 03 9473 4444

Mon-Fri 7:00am to 4:45pm

Sat 7:30am to 3:30pm

Public holiday hours may vary

East Melbourne  
344 Victoria Parade  
East Melbourne VIC 3002

Box Hill  
Suite 13  
28-32 Arnold Street  
Box Hill VIC 3128

Caulfield  
338 Balaclava Rd  
Caulfield North VIC 3161

Mt Waverley  
3 Meadow Crescent  
Mt Waverley VIC 3149

Werribee  
Level 1, 242 Hoppers Lane  
Wyndham Private Medical Centre