

# Ovarian Hyperstimulation Syndrome (OHSS)

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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.

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The aim of FSH treatment during IVF is to collect between 10-15 eggs whilst avoiding overstimulating 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 18 or more follicles on ultrasound, or 18 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, our nurses will commence OHSS monitoring. Although uncommon, this condition can occur in women with less than 18 eggs.

## Symptoms

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

- ◆ Abdominal bloating
- ◆ Weight gain
- ◆ Nausea and vomiting
- ◆ Decreased urine output
- ◆ Shortness of breath
- ◆ Mild to Moderate Abdominal pain

## 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 Emergency:

- ◆ Epworth Hospital Emergency
- ◆ Local Emergency Department

