

HAVING HEALTHY BABIES ONE AT A TIME

Why are we worried about twin pregnancies?

We know that you are ready to start or add to your family. You may be concerned about your chances of having a baby using *in vitro* fertilization (IVF) or how much cycles of IVF cost. These concerns are common and may lead you to think about transferring more than one embryo during your IVF procedure. However, transferring more than one embryo increases your chances of having twins or more. **Twin pregnancy is risky for baby and mother**, whether or not IVF is used. Some of these risks include:

- Almost **3 out of 5** twin babies are born **preterm**, or at less than 37 weeks of pregnancy. Twin babies are nearly 6 times as likely to be born preterm as single babies.
- About **1 out of 4** twin babies are admitted to the **neonatal intensive care unit (NICU)**. Twin babies are more than 5 times as likely to be admitted to the NICU as single babies.
- About **7 out of 1,000** twin babies have **cerebral palsy**. Twin babies are more than 4 times as likely to have cerebral palsy as single babies.
- Twin babies are more likely to be **stillborn**, experience **neonatal death**, have **birth defects** of the brain, heart, face, limbs, muscles, or digestive system, and have **autism** than single babies.
- Almost **1 out of 10** women carrying twins gets pregnancy-related **high blood pressure**. Women carrying twins are twice as likely to get pregnancy-related high blood pressure as women carrying single babies.
- Almost **1 out of 20** women carrying twins gets **gestational diabetes**. Women carrying twins are 1.5 times as likely to get gestational diabetes as women carrying single babies.

The best way to reduce the chance of twins from IVF is to reduce the number of embryos transferred.

Research shows that, for some women, transferring one fresh embryo followed by one frozen embryo, if a second transfer is needed, offers the best chance of having a baby without increasing the chance for twins.

See the other side for details.



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