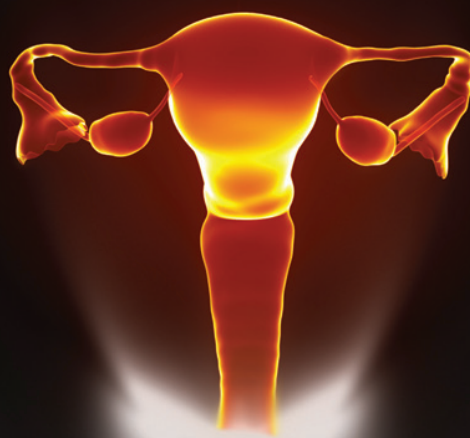


Ovarian hyperstimulation syndrome (OHSS)



Question: How should UK clinics manage the risk of their patients developing OHSS?

OHSS is an uncommon complication of women being given fertility drugs called gonadotrophins as part of assisted conception.

The BFS Policy and Practice committee reviewed the published evidence and made the following recommendations:

- Clinics should have protocols in place to manage the risk of OHSS which include a pathway to refer patients to hospital if required.
- All women being given gonadotrophins should be informed of the risk of OHSS by their clinic.
- Written information from clinics should outline what symptoms women should look out for and should also include 24 hour contact details.
- Women who are admitted to hospital (for any reason) whilst taking gonadotrophins should let medical staff know they are undergoing fertility treatment.
- Women with mild or moderate OHSS can usually be managed as an outpatient, but in severe cases may need to go into hospital.
- Most women with OHSS will recover with simple pain relief and after being given fluid to drink, but other treatments may need to be given and sometimes fluid may need to be drained from the abdomen.
- Women who develop OHSS and become pregnant may need to continue treatment during the first trimester.
- Women with severe OHSS should be given treatment to reduce their risk of developing thrombosis (clots in the blood vessels), which is a serious complication

The policy and practice documents relating to this topic were published in the BFS journal Human Fertility and the full reference is:

Tan, BK., Mathur, R on behalf of the British Fertility Society Policy and Practice subcommittee (2013) Management of Ovarian Hyperstimulation Syndrome Guidelines. Produced on Behalf of the Policy and Practice Committee. Human Fertility 16: 160-161.

Prepared for the UK Professional Fertility Societies by the British Fertility Society.