

MOST Recommendations for the Responsible Use of Fertility Treatments to Reduce the Number of High-Risk Multiple Birth Pregnancies

As couples undergo fertility treatments, search the internet and look at higher order multiples (HOM) outcomes, they are likely to find the MOST website. These couples need to know that while MOST is here to support families expecting and parenting multiples, HOM pregnancies should not be viewed as the intended outcome, but rather a complication of fertility treatments. While many couples expecting HOM are able to have healthy outcomes when given support, education and quality care by a perinatologist experienced in multiple births, the emotional, physical and financial impact of HOM births is significant.

Recognizing the agonizing decisions that couples pregnant with HOM must make as well as the potential risks to both the mother and babies during a HOM pregnancy, MOST strongly supports patient education and the responsible use of fertility treatments. We believe that preventing the high risk pregnancies associated with HOM should be a primary goal of the couples undergoing fertility treatments as well as the reproductive endocrinologists and other medical professionals who provide these treatments. Once a higher order multiple pregnancy is confirmed, however, MOST remains dedicated to our mission of supporting families as they face difficult decisions, experience a high risk pregnancy, and cope with the lifelong responsibility of caring for these very precious children.

Related Resources

See the following MOST resources for more information:

- ◆ Statistical odds of having triplets or more: [Supertwins FAQ #2](#)
- ◆ Fertility treatments and the conception of higher order multiples: [Supertwins FAQ #4](#)
- ◆ Multi-fetal reductions after conceiving higher order multiples: [Supertwins FAQ #5](#)
- ◆ Fetal and infant survival rates for higher order multiples: [Supertwins FAQ #7](#)



Professionals Endorse the MOST Statement

“As a member of the scientific board for MOST, I appreciate the wonderful support that MOST gives to parents that find themselves in circumstances that they did not choose, and yet face agonizing decisions. MOST is there for them with information and support.”

John Elliott, MD
Perinatologist, Partner
Phoenix Perinatal
Associates
Director, Maternal-Fetal
Medicine
Good Samaritan Regional
Medical Center, Arizona

“As a practicing Neonatologist, I believe in providing families with hope, while keeping them informed so their judgments are anchored on the likely realities, however unkind. I support the efforts of MOST in helping families avoid and manage the risks associated with higher-order multiples”.

Joaquim M.B. Pinheiro,
MD, MPH
Professor of Pediatrics
Director, Neonatal-
Perinatal Medicine
Fellowship Program Albany
Medical Center, Albany,
NY

“I go along with the statement [and] in my capacity as chairman of the working group on multiple pregnancies of the ISTS and the Scientific Committees on Multiple births in the EAPM and WAPM [European and World Association of Perinatal Medicine] produced a census statement discussing similar issues.”

Isaac Blickstein, MD
Head of the High-Risk
Pregnancy Outpatient
Clinic
Department of Obstetrics
and Gynecology
Kaplan Medical Center
Rehovot, Israel
Editor-in-Chief of the Israel
Journal of Obstetrics and
Gynecology

Additional Outside Resources:

[International Society for Twin Studies](#)

[American Society for Reproductive Medicine](#)

[Society for Assisted Reproductive Technology](#)

[Centers for Disease Control \(CDC\) National Center for Health Statistics](#)

[*ISTS Declaration of Rights and Statement of Needs of Twins and Higher Order Multiples](#)

