

TRIPLETS

(3 Case Reports)

by

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Since the introduction of agents to induce ovulation, largely the result of work by Gamzell, the incidence of multiple births are supposed to be on increase. Gamzell (1963) has reported 9 cases of triplets or higher numbers of newborns. Itzkowic (1979) has surveyed 59 triplet pregnancies out of which 43 were spontaneous and rest were due to medically induced ovulation with clomiphene/gonadotrophins.

Agarwal and Goswami (1979) have reported a case of quintuplet pregnancies in a sterile women who has taken some indigenous medicine for her long standing infertility.

In a year, we also had 3 triplet pregnancies, due to spontaneous ovulation at Umaid Hospital, Jodhpur. These 3 cases are reported here with special reference to the management of triplet pregnancies.

Case 1

Mrs. Meera, 35 years old Hindu female was admitted on 29-9-1978 with labour pains since night, following 9 months amenorrhoea. Her previous cycles were normal and was not aware

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of L.M.P. exactly. She has had 11 F.T.N.D. out which 3 female children died and rest 8 (5 male and 2 female) were alive. No history of twinning was present in the family.

She was anaemic, Hb being 7.6 gm%. On abdominal examination uterus was overdistended with multiple palpable foetal parts and excessive amniotic fluid. Vaginal examination revealed cervix nearly 1/5th dilated and taken up. Membranes intact. ARM was done and small head was felt at the brim of the pelvis which was adequate. After 6 hours of hospital admission, she successively delivered 3 live male children normally as vertex with one placenta and three cords attached to it. Birth weights were 2½, 2½ and 2 lbs. Placenta weighing 3 lbs. Total liquor collected in bucket was 2½ litre. She had no P.P.H. and there was no birth trauma to mother as well as children. Post delivery period was uneventful. She was sterilized and discharged on 7th day. But only one baby could survive and rest two died on 3rd, 5th day of delivery.

This is a case of uniovular, monochorionic, triamniotic triplet delivery.

Case 2

Bimi 30 years Hindu female admitted on 22-3-79 at 6 P.M. with 1st baby being delivered at home at 2 P.M., but 2nd one is still inside the womb. She was 4th gravida and had 3 F.T.N.D. 2 female died soon after birth and 1 male alive. Last delivery being 2 years ago.

Uterus was nearly 34-36 weeks of gestational size, foetus presenting as vertex which was well fixed and F.H. was normal. On vaginal examination of 1st, S.B. male child (5 lbs.)

was still lying attached to the cord as cord was not cut before delivery of placenta due to customs in few communities.

Os was fully dilated and membranes were intact, 2nd foetus presenting as vertex in the cavity. Within 20 minutes after ARM, she delivered a live male child weighing 4 lbs. along with one placenta having one cord attached to it. There was slight vaginal bleeding on abdominal examination one more foetus was felt and was confirmed by vaginal examination. Intact membranes, margin of placenta along with head of foetus was felt higher up—A.R.M. was done. A male child of 2.5 lbs. was delivered spontaneously at 7.50 P.M. Within next 10 minutes, two placentas were expelled. Patient had mild atonic P.P.H., otherwise she had excellent recovery. This is a case of trichorionic, triamniotic triplet pregnancy.

Case 3

Mrs. Kamala, 23 years Hindu female was admitted on 13-1-1980 after spontaneous vertex delivery of 2 newborns (Male 2 and 3/4 lbs. and female 4 lbs.) at home, but placenta had yet not been expelled. One year ago, she had one full term binovular twin delivery at home. That time also she had PPH and retained placenta for which M.R.P. was done in a nearby hospital.

Uterus was enlarged to 34 weeks of pregnancy. 3rd foetus was presenting as vertex in LOA position. F.H.S. + uterus not acting. Two cords were seen hanging out side the vulva. Cervix was fully dilated and membranes intact. ARM was done and a live male child of 3½ lbs. was delivered within ½ hour followed by spontaneous expulsion of 3 placentae weigh-

ing 3½ lbs. collectively. No PPH. All babies survived and patient was discharged on 7th day of delivery. This is 2nd case of Trichorionic Triamniotic triplet pregnancy.

Discussion and Review of Literature

According to Hellin Zeleny Hypothesis, triplets should have occurred in 0.0119 per cent. The racial difference has been more striking for triplets (Guttmacher, 1937). Triplet pregnancy may be derived from one, two or three ova. Single ovum triplets are least frequent.

Summary

3 cases of triplet pregnancy are reported with guide lines for the management of triplet pregnancy.

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