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Successful management of ovarian hyperstimulation syndrome in a patient with PCOD

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Anovulation and infertility are the predominant problems in the majority of women with polycystic ovary syndrome (PCOS). It constitutes a high risk for the development of ovarian hyperstimulation syndrome (OHSS) due to unacceptable rate of excessive follicle development with an increased incidence of OHSS. Ovarian hyperstimulation syndrome is an iatrogenic complication of assisted reproduction technology. The syndrome is characterized by cystic enlargement of the ovaries and a fluid shift from the intravascular to the third space. Treatment of mild to moderate OHSS is supportive; consists of observation, bed rest, provision of adequate fluids and sonographic monitoring of the size of cysts. Treatment of severe OHSS is needed ICU admission and directed at maintaining intravascular blood volume by correction of the disturbed fluid and electrolyte imbalance, relieving secondary complications of ascites and hydrothorax and preventing thromboembolic phenomena. Better outcome is with Intensive monitoring and organ support care with multidisciplinary team. We report a 35 year old nullipara presented with history of 2 year infertility with PCOD. Ovulation induction with gonadotropins and intrauterine insemination was done. Moderate ovarian Hyperstimulation syndrome developed, that was conservatively managed. In the same cycle, patient became pregnant. Bed rest and progesterone support was advised in view of threatened abortion in early pregnancy. At around 28 weeks, etamethasone coverage and tocolysis started due to preterm labor pains which continued up to 35 weeks. At 36 weeks, emergency caesarean section was done under combined spinal epidural anesthesia, in view of absent diastolic flow in fetal umbilical artery. A live healthy male baby weighing 2.5 kg was delivered.

Biography

Sandeep Sahu, MD, PDCC, MNAMS, FACEE, FICCM, ICMR-International Fellow (USA) is an Additional Professor of the Department of Anesthesiology and Critical Care & Emergency Medicine at Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow-UP. He has published 55 publications in national & international journals, Book chapters: Five in three textbooks. He presented more than 30 paper presentation and delivered more than 100 lectures. He is a life member of various national & international academic societies and Editorial Board Member of *IJAA*, *IJCA*, *JETS*, *UPIA*, The Indian Anaesthetists' Forum. His Honours & Awards include: KPR Young Anaesthesiologist Award India 2014, Y. G. Bhojraj Award of ISA for best review article in *IJA* 2015, Betul Bursary Award and ICMR Intern Fellow Award for Biomedical Young Scientist India 2015-16.

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