

Non-Identical Twins



How do twins occur?

In most cases, it is like that twin pregnancies occur when a woman releases two eggs in one month, and both are fertilised. Most non-identical twins have two separate placentas, and each baby has its own pregnancy sac.

Are there any particular issues with a twin pregnancy?

Twin pregnancies are more likely to cause both mothers and babies some trouble – double trouble!

Problems for mother Twin pregnancies are often associated with more severe ‘morning sickness,’ or morning sickness that persists well past the first trimester. There is also a greater chance that the mother will develop hypertension or pre-eclampsia, and gestational diabetes. For these reasons, women carrying twins are often seen more often for antenatal checks, and usually have a blood test for gestational diabetes earlier in pregnancy.

Problems for the babies The issue of greatest concern in most twin pregnancies is preterm (‘premature’) birth. The gestational age at which non-identical twins are least likely to have adverse outcomes is 38 weeks. However, as many as one in four (25%) of twin pregnancies deliver before term.

Managing a twin birth Making decisions about the birth of twins can be complex. These decisions depend upon the wishes of the mother, the health of mother and babies, and what the position the babies are lying. A twin pregnancy is more likely to lead to caesarean birth, but if all is well in the pregnancy then an attempt at vaginal birth is appropriate. It is something to discuss.

