



About Polyhydramnios

What is polyhydramnios?

Polyhydramnios (say *pawl-ee-hi-dram-nee-os*) is a medical term for when there is too much of the fluid that surrounds your baby (called amniotic fluid). The fluid is measured during an ultrasound.

What causes this problem?

Often it is not known why there is this extra fluid.

Some possible reasons:

- a large baby
- the woman has diabetes
- low number of red blood cells (anemia) in the baby
- twins or triplets, especially if the babies share the same placenta
- birth defects and genetic disorders in the baby (rare)

What checks and treatments can you expect?

We will ask you to count and keep track of your baby's movements each day.

Also you can expect:

- repeat ultrasounds
- non-stress test(s)
- blood tests to check for diabetes, if not already done
- electronic monitoring of your baby during your labour
- an appointment with a pregnancy specialist doctor, if needed

Call then go to the maternity unit when:

- Your baby moves less than 6 times in 2 hours.
- You have regular contractions every 10 minutes or less.
- You have a trickle or sudden gush of fluid from your vagina.

Call 9-1-1

If you see or feel the baby's cord in your vagina, **this is an emergency!**

- Call 9-1-1 and unlock your front door.
- Get onto your hands and knees with your elbows on the floor and your bottom in the air.
- Stay in this position until ambulance personnel arrive.
- Do not touch the cord.
- Do not try to push the cord back in.

Notes:

(Maternity Unit contact information)

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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