
TAPS SUPPORT

Having twins is not always black and white



Make your MFM your BBFF

IMPORTANT!

You need to be seen every 2 weeks by a Maternal Fetal Medicine (MFM) Specialist (sometimes called a perinatologist) from 16 weeks. This is supported by guidelines worldwide.

AT EACH APPOINTMENT, THE FOLLOWING MUST BE CHECKED.

BRAIN

Make sure they're checking your Mid-Cerebral Artery (MCA) dopplers each time, and recording the MCA-PSV value. This checks the speed the blood goes through the brain, and is a reliable indicator for anaemia and polycythemia. This checks for **TAPS**.

BLADDER

Are they checking for a visible bladder on both babies? Do they both fill and empty properly? Bladders are a big part of diagnosing **TTTS**, so it's important to get them checked always.

FLUID

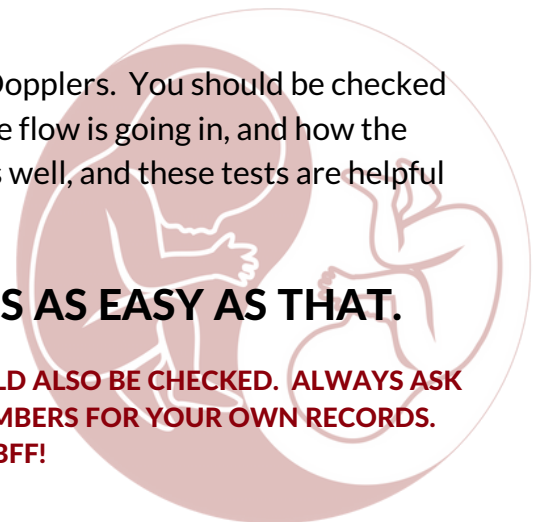
Make sure your MFM is checking and recording the Deepest (or Max) Vertical Pocket (DVP/MVP) of fluid. AFI (Amniotic Fluid Index) isn't accurate for monozygotic twins. Fluids below 2cm, and above 8cm are a sign of **TTTS**.

FLOW

Umbilical Artery (UA) dopplers are just as important as MCA Dopplers. You should be checked for how many blood vessels are in each cord, what direction the flow is going in, and how the cords insert into the placenta. Make sure this is all recorded as well, and these tests are helpful in detecting **SIUGR**

BRAIN, BLADDER, FLUID, FLOW- BBFF - IT'S AS EASY AS THAT.

ON TOP OF THIS, EVERY 4 WEEKS YOUR BABIES' GROWTH SHOULD ALSO BE CHECKED. ALWAYS ASK FOR COPIES OF YOUR REPORTS, AND ALWAYS GET ALL THE NUMBERS FOR YOUR OWN RECORDS. YOUR MFM SHOULD BE YOUR BBFF!



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