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# TAPS SUPPORT

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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

At every appointment, they should be doing Doppler readings on the middle cerebral artery (MCA). What this does is check the speed blood is going through the brain – if it's moving too fast, that's a sign of anemia, and if it's moving too slow, it's a sign of polycythemia. Your MFM should be recording these, as this is a reliable indicator for **TAPS** (as well as some other complications.)

#### BLADDER

Every appointment it should be checked that both babies' bladders are visible. Filling and emptying can take a long time to do, so it's rarely done. Instead, it should be noted what the status of the bladder is (empty/full/normal/enlarged, etc) because there are no actual measurements. A completely empty bladder is rare though, and if the fluid is also low for that twin, this should signal more checks. This is vital for **TTTS**.

#### FLUID

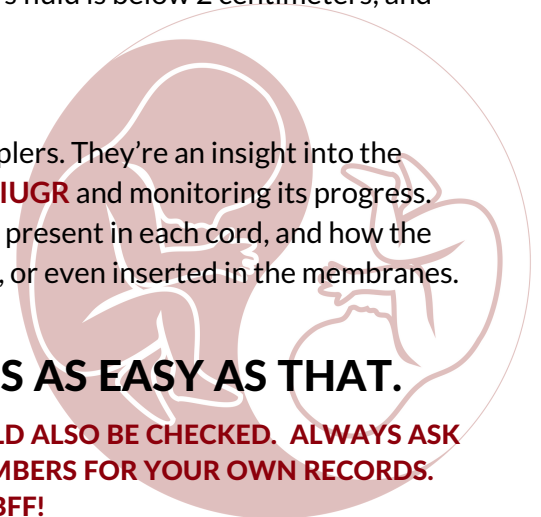
Another big part of a **TTTS** diagnosis is fluid levels. Your MFM-BBFF should be checking the deepest, or max vertical pocket (DVP/MVP) of fluid on both babies and recording this in centimeters. Amniotic Fluid Index (AFI) isn't accurate for monozygotic twins. If one baby's fluid is below 2 centimeters, and the other above 8, then this is a sign of **TTTS**.

#### FLOW

Umbilical arteries (UA) Dopplers are just as important as MCA Dopplers. They're an insight into the health of the two sides of your placenta. They help with detecting **SIUGR** and monitoring its progress. The MFM-BBFF should be establishing how many blood vessels are present in each cord, and how the cords insert into the placenta. This can be in the center, on the edge, or even inserted in the membranes. This may have an effect on the growth of the babies.

### **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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