



## 病人教育

大學生殖保健



# 卵巢過渡 刺激症候群

## 症狀與治療

本手冊對卵巢過渡刺激症候群進行解釋，這是一種使用某些生育藥物時可能會發生的疾病。

### 什麼是卵巢過渡刺激症候群？

卵巢過渡刺激症候群 (OHSS) 是一種使用某些生育藥物時可能會發生的疾病。當雌性激素非常高時，或在注射 HCG 激發劑後（這種注射導致卵泡成熟並釋放出成熟卵子） 生大量成熟卵泡時，患上 OHSS 的風險便會增加。

在用 HCG 來誘導排卵的婦女中，高達 10%（100 個有 10 個）會 生某種程度的 OHSS。大部分患上 OHSS 的婦女只是輕微至中等程度。患上嚴重 OHSS 的婦女少於 1%（100 個不到 1 個）。在服用 clomiphene（快樂妊錠，品牌名 Clomid 或 Serophene）或其他誘導排卵的口服藥的婦女中，患上 OHSS 的婦女少於 1%。

OHSS 是一種暫時性疾病，會在 1 至 2 周後自動消失。因此，對 OHSS 的治療方法主要是使你更加舒服，直到你的症狀改善 止。

### 什麼引起 OHSS？

目前對 OHSS 的起因尚未完全清楚。可能是因 卵巢刺激導致荷爾蒙水平很高，加上注射 HCG 來激發排卵，從而導致 OHSS。生長出許多小卵泡的婦女最有可能患上 OHSS。

注射 HCG 後，卵巢變大， 生大量荷爾蒙及其他導致血管“滲漏”的分泌物。然後，血流中的液體流進腹部和胸部。與此同時，血流中的液體減少了，使血液變得更濃。這會導致腎臟出現問題、電解質不平衡，以及增加血塊形成的風險。

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## OHSS 有些什麼症狀？

### **輕微至中等程度 OHSS**

輕微至中等 OHSS 首先出現的最常見症狀有：

- 腹脹
- 腹部不適
- 體重增加（高達 10 至 15 磅液體重量）
- 噁心
- 便秘
- 卵巢腫大

### **嚴重 OHSS**

當血液變得比較濃時，會出現以下症狀：

- 腹部劇痛和腹脹
- 噁心和嘔吐
- 尿量減少並呈黑色
- 站起來時頭暈
- 呼吸困難
- 低血壓
- 脈搏快而浮
- 腹部或肺部有積液
- 電解質不平衡
- 體重增加（多於 20 磅）

OHSS 嚴重時，腫大的卵巢很可能會破裂（裂開）或扭曲。這會引起疼痛以及內出血（非常罕見）。因此我們建議所有 IVF 病人，特別是患有 OHSS 的病人應限制其身體活動。

嚴重 OHSS 是很罕見的，但是一旦出現，病情會很嚴重，必須立即進行治療。病人需要多次回診所復診，並可能要住院。

## 如何預防 OHSS？

進行密切監視，並採取以下措施，便可以避免大部分嚴重 OHSS 病例的發生：

- 不給 HCG，或減少劑量
- 使用另一種藥來激發排卵

## 有任何問題嗎？

你的問題很重要。如果你有任何問題或疑慮，請致電你的醫生或其他 UWMC 保健提供者。

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206-598-4225

網站：  
[www.uwmedicine.org/  
uwfertility](http://www.uwmedicine.org/uwfertility)

- 不給 HCG，直到雌激素水平降低 — 這叫做“自然降低”
- 當驗血和超聲波檢查結果顯示可能有太高 OHSS 風險時，取消治療
- 冷藏所有胚胎，讓 OHSS 消退，然後在以後的排卵期進行胚胎移植
- 每天注射 leuprolide (Lupron)，連續數天

## 如何能夠降低患上 OHSS 的風險？

想要懷孕的婦女患 OHSS 的風險較高。如果我們認為你會有 OHSS 的風險，在給你 HCG 注射後，我們將要求你做以下事情：

- 喝至少 6 杯電解質含量豐富的飲料，例如 Gatorade（給他力）。注射後不要喝白開水。
- 每天早晨進食或飲任何飲料之前稱稱自己的體重。
- 檢查你的小便的顏色和尿量。
- 需要時，每天向“大學生殖保健部”報告你的體重、小便顏色和尿量，以便我們能夠向你提供如何進行 OHSS 管理的建議。

## 何時打電話給診所？

如果你出現以下情況，請打電話給診所：

- 你一天重了 2 磅
- 你的尿量很少或尿液呈黑色

## 如果你出現以下情況，請立即打電話給診所：

- 噁心或嘔吐
- 腹部劇痛

我們會叫你前來做檢查，包括照超聲波和驗血。我們可能要你每天都要做檢查和治療，直到你的症狀改善為止。你可能要在診所或醫院接受靜脈 (IV) 輸液。

如果你的症狀很嚴重，我們可能需要透過你的腹壁或陰道將腹部的液體排放出來。你還可能需要服用血液稀釋藥物，以防止出現血塊。

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Ovarian Hyperstimulation Syndrome  
Chinese

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# Ovarian Hyperstimulation Syndrome

*Symptoms and treatments*

This handout explains ovarian hyperstimulation syndrome, a condition that can occur when some fertility medicines are used.

## What is ovarian hyperstimulation syndrome?

*Ovarian hyperstimulation syndrome* (OHSS) is a condition that can occur when some fertility medicines are used. The risk of OHSS increases when levels of *estradiol* are very high, or when there are a lot of mature follicles after your HCG trigger shot (this shot causes follicles to mature and release mature eggs).

Up to 10% of women (10 out of 100) who have ovulation induction with HCG develop some degree of OHSS. Most affected women have only a mild to moderate form. Severe OHSS occurs in fewer than 1% of women (1 out of 100). OHSS occurs in fewer than 1% of women (fewer than 1 out of 100) who have used clomiphene (brand names Clomid or Serophene) or other oral medicines to induce ovulation.

OHSS is a temporary condition. It goes away on its own after 1 to 2 weeks. Because of this, treatment of OHSS focuses mainly on making you more comfortable until your symptoms improve.

## What causes OHSS?

OHSS is not completely understood. It may be that hormone levels that are already high from ovarian stimulation, combined with the HCG shot that triggers ovulation, lead to it. Women who develop many small follicles are most likely to develop OHSS.

After HCG is given, the ovaries become bigger and produce large amounts of hormones and other secretions that cause blood vessels to become “leaky.” Fluid from the bloodstream then leaks into the abdomen and chest. At the same time, the amount of fluid in the bloodstream decreases and the blood becomes more concentrated. This can cause kidney problems, electrolyte imbalance, and an increased risk of blood clots.

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## **What are the symptoms of OHSS?**

### ***Mild to Moderate OHSS***

The most common first symptoms of mild to moderate OHSS are:

- Abdominal bloating
- Abdominal discomfort
- Weight gain (up to 10 to 15 pounds of fluid weight)
- Nausea
- Constipation
- Enlarged ovaries

### ***Severe OHSS***

As the blood becomes more concentrated, these symptoms occur:

- Severe abdominal pain and bloating
- Nausea and vomiting
- Decreased urination and dark urine
- Dizziness when standing up
- Shortness of breath
- Low blood pressure
- Rapid, shallow pulse
- Fluid buildup in the abdomen or lungs
- Electrolyte imbalances
- Weight gain (more than 20 pounds)

In severe OHSS, the enlarged ovaries may be more likely to *rupture* (break open) or twist. This causes pain and, very rarely, internal bleeding. This is why we recommend that all IVF patients, but especially patients with OHSS, limit their physical activity.

Severe OHSS is rare, but when it occurs it is a serious condition that must be treated right away. It requires many follow-up visits in the clinic, and it may require a hospital stay.

## **How is OHSS prevented?**

With close monitoring, we can avoid most cases of severe OHSS by:

- Not giving HCG, or reducing the dose
- Using another medicine to trigger ovulation

## Questions?

Your questions are important. Call your doctor or other UWMC health care provider if you have questions or concerns.

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- Not giving HCG until the estrogen levels fall – this is called “coasting”
- Canceling treatment when blood and ultrasound information suggest there may be too high a risk of OHSS
- Freezing all embryos to allow OHSS to resolve, and then transferring embryos in a later cycle
- Giving daily injections of leuprolide (Lupron) for several days

### How can I lower my risk of OHSS?

The risk of OHSS is higher in women who achieve pregnancy. If we think that you might be at risk for OHSS, we will ask you to do these things after your HCG injection:

- Drink at least 6 glasses of an electrolyte-rich drink, such as Gatorade. Do not drink plain water after your injection.
- Weigh yourself each morning before eating or drinking anything.
- Check the color and amount of your urine.
- Report your weight and urine output to your University Reproductive Care team daily so that we can advise you about OHSS management, if needed.

### When to Call the Clinic

Call the clinic if:

- You are gaining more than 2 pounds a day
- Your amount of urine is low or your urine looks dark

#### Call the clinic right away if you have:

- Nausea or vomiting
- Severe abdominal pain

We will ask you to come in for an exam that includes ultrasound and blood tests. We may need to see you every day for retesting and treatment until your symptoms improve. You may be given *intravenous* (IV) fluid in the clinic or hospital.

If your symptoms are severe, we may need to drain the fluid from your abdomen through your abdominal wall or vagina. You may also need to start taking a blood-thinning medicine to prevent a blood clot.

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