

Oligohydramnios: Causes, symptoms, and management.

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Introduction

Oligohydramnios is a condition characterized by a lower than normal volume of amniotic fluid surrounding the foetus during pregnancy. This condition can have various causes and may impact the health and development of both the mother and the baby. In this article, we will explore the causes, symptoms, and management options for oligohydramnios.

Causes of Oligohydramnios they are decreased foetal urine production: The most common cause of oligohydramnios is decreased urine production by the foetus. This can occur due to foetal kidney problems, urinary tract abnormalities, or certain genetic conditions [1].

Placental problems: Issues with the placenta, such as placental insufficiency or aging of the placenta, can result in reduced blood flow to the foetus and subsequently lead to oligohydramnios. **Rupture of membranes:** If the amniotic sac ruptures prematurely, it can lead to a decrease in amniotic fluid levels. **Maternal complications:** Certain maternal conditions like preeclampsia, chronic hypertension, or diabetes can contribute to oligohydramnios [2].

Symptoms of Oligohydramnios may not always cause noticeable symptoms. However, in some cases, it can lead to the following signs:

Decreased foetal movements: A decrease in the perception of foetal movements may be observed by the mother. **Measuring small for gestational age:** The baby may appear smaller than expected for their gestational age during prenatal ultrasounds. **Compression-related complications:** Oligohydramnios can result in compressed umbilical cord or foetal limbs, leading to potential complications [3].

The management of oligohydramnios depends on the severity of the condition, gestational age, and overall maternal and foetal health. Here are some possible approaches they are increased fluid intake: In mild cases, increasing maternal

fluid intake can help improve amniotic fluid levels. **Foetal monitoring:** Regular monitoring of the baby's heart rate, movements, and growth through ultrasound and non-stress tests can provide valuable information about foetal well-being. **Amnioinfusion:** In some cases, an amnioinfusion procedure may be performed, where fluid is infused into the amniotic sac to increase the volume of amniotic fluid temporarily. **Early delivery:** If the condition poses a significant risk to the health of the baby or mother, early delivery through induction of labour or caesarean section may be necessary. **Close follow-up:** Continuous monitoring by healthcare professionals is essential to ensure the well-being of both the mother and the baby [4].

Oligohydramnios is a condition that requires careful monitoring and management to ensure the best possible outcome for the mother and the baby. By understanding its causes, recognizing the symptoms, and implementing appropriate management strategies, healthcare providers can provide optimal care for pregnant women affected by oligohydramnios [5].

References

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