

Additional Information about Reproductive Anatomy & Pregnancy

Multiple Pregnancy

“Multiple pregnancy” means that there is more than one fetus growing in the uterus at once. The record for most pregnancies brought to term and delivered at a single birth is nine. The record belongs to a Moroccan woman who has held the record since 2021 (Guinness, 2021).

Number of Pregnancies	Technical Term
Two	Twins
Three	Triplets
Four	Quadruplets
Five	Quintuplets
Six	Sextuplets
Seven	Septuplets
Eight	Octuplets
Nine	Nonuplets

Factors that can impact the likelihood or chances that someone will experience multiple pregnancies at once are:

- **Family History:** Having a family member who has had multiple pregnancy increases the odds for other members of that family to experience multiple pregnancies.
- **Age:** The age of the person when they get pregnant impacts how likely they are to have multiple pregnancy. The chances increase after the age of 30.
- **Personal History:** If the person has been pregnant before increases their chances of multiple pregnancy (especially if they have experienced a multiple pregnancy before).
- **Fertility Treatments:** If the person is using medicine or any other medical help to get pregnant, they have an increased chance of multiple pregnancy.

Multiple Pregnancy continued

Multiple pregnancy can happen in two different ways.

Fraternal

- Fraternal pregnancy means that two or more eggs are released within the same menstrual cycle, fertilized, and attach to the uterine lining. They can be any sex (same or other).

Identical

- Identical pregnancy means that one egg was fertilized and then splits into separate embryos. Most often when this occurs, the egg splits into two. On rare occasions, the egg can split into three or four identical embryos. In these cases embryos will always be the same sex.

Sources

Guinness World Records. (2021). Most children delivered at a single birth to survive.

<https://www.guinnessworldrecords.com/world-records/most-children-delivered-at-a-single-birth-to-survive>

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<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/multiple-pregnancy/art-20048161>

Stanford Medicine Children's Health. (n.d.). Overview of multiple pregnancy.

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