

Chances of Having Twins

Written by 1901

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Currently, in the united states, there is a

- 3% chance of twins in women who do not take fertility medications.
- 5-12% chance of twins in women who take the fertility drug clomid.
- 20% chance of twins in women taking gonadotropins.
- 20-40% chance of twins in women using in-vitro fertilization.

There are a handful of factors that increase your chances of getting pregnant with twins (or more!). Below, we have listed some of them.

1. **Have a Family History.**

If twins run in the family, you're more likely to get pregnant with them yourself! Fraternal (dizygotic) twins are hereditary, while identical (monozygotic) twins are thought to be completely up to chance. Most experts agree that twinning is not correlated with the history of the father. If twins run on your mother's side of the family, you may be more likely to hyperovulate (release more than one egg per cycle), which increases your chances of conceiving twins!

2. **Wait Until You're Older.**

Women who conceive after the age of 40 have a 17% chance of conceiving twins. If they wait another five years, until they're 45, they have a 1 in 9 chance of conceiving twins! Although the chances of twins increase, the advanced maternal age brings risks to the pregnancy as well. Older mothers are more likely to experience miscarriages, gestational diabetes, pre-eclampsia, and their babies are at higher risk for chromosomal defects.

3. **Gain Weight.**

According to a study conducted by the American College of Obstetricians and Gynecologists, the rising rate of twins was directly related to the rising rates of obesity. Women with a BMI of 30 or more, were significantly more likely to conceive twins. Women who were exceptionally tall also displayed a higher likelihood of conceiving twins, as well.

4. **Eat Plenty of Yams & Dairy.**

A village in Africa was studied for its incredibly high twinning rate, and the results linked the incident of twins with the high consumption of the Cassava Yam. Another study in 2006, declared that a woman who consumes a high amount of dairy, was five times more likely to conceive twins than a woman who does not.

5. **Get Pregnant While Breastfeeding.**

Although many believe it's not possible to get pregnant while breastfeeding, it is. And the chances of conceiving multiples while breastfeeding is much higher than while not breastfeeding.

6. **Have Twins Already.**

If a woman already has twins, researchers estimate her chance of conceiving multiples again are four times that than the chances of a woman who has never had a multiple pregnancy.

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7. **Get Pregnant on the Pill.**

Women who get pregnant while taking birth control are much more likely to conceive twins than women who get pregnant off of the pill. This may be related to hormone levels related with birth control, and inconsistent use (i.e. missing a pill, taking the pill at different times, etc).

8. **Have Kids.**

The more children you have, the more likely you are to conceive multiples. A woman who already has children is more likely to conceive twins than a woman who has never had children.