Objective: To determine the incidence, maternal and fetal outcome of twin delivery in Federal Medical Centre, Azare North-Eastern Nigeria

Materials and Methods: All the twin deliveries from January 2010 to December 2012 were retrospectively reviewed. Data obtained included maternal demographic characteristics, mode of delivery, maternal and fetal outcome.

Results: There were 12,068 deliveries out of which 173 were twin deliveries giving an incidence of twin delivery of 14.3 per 1000 births. The highest frequency of twinning was 153 (88.4%) and occurred in those aged 20-39 years. Most of the patients were unbooked (68.2%), Multipara (51.4%) with mean gestational age at delivery of 36.03 weeks.

The perinatal mortality rate was highest among those who had assisted vaginal delivery (137.7 per 1000 births). Male-male sex was the commonest combination (38.2%). The commonest form of presentation at delivery was cephalic-cephalic (49.7%) while 52.0% of the neonates were of low birth weight. Perinatal asphyxia was the commonest cause of perinatal death accounting for 38.2% of cases.

The commonest indication for caesarean section was Cephalopelvic disproportion which was seen in 10 (31.3%) of those who had caesarean section. Maternal morbidity rate was 37.6%. The commonest morbidity was preterm labour occurring in 28 (43.1%) of the 65 patients who suffered complications. There was no maternal mortality.

Conclusion: Unbooked status and adverse perinatal outcome were major findings in this study. Antenatal diagnosis of twin gestation through early booking will enable risk assessment and institution of preventive measures to ensure good outcome.