

After Your Egg Retrieval

It is normal to experience some mild to moderate discomfort following your retrieval. Tylenol extra strength may be taken for this. You should be well enough to resume your normal activities the day after your collection, but it is advisable to avoid strenuous activities.

The pain medication may cause some nausea following the procedure. We advise you to eat lightly for the rest of the day. Avoid spicy and/or greasy foods until you are feeling better.

You may also experience some blood loss following your collection; this will usually (but not always) slow down and stop within 48 hours. Please inform the clinic if bleeding persists, becomes increasingly heavy, or becomes foul smelling.

Infection is uncommon, but be aware of the symptoms of infection: fever and/or persistent, increasing abdominal pain. To be safe, avoid tampons, vaginal douches, tub baths (showers are fine), and/or swimming for about a week- you will be healing and are vulnerable to infection from microorganisms entering the vagina during this time. However, sexual intercourse is allowed.

Be aware that symptoms such as continuing nausea, vomiting, diarrhea, or concentrated (dark yellow) urine are not normal. Call the clinic if you experience any of these.

If you have any concerns about symptoms you may be experiencing, do not hesitate to call the **Clinic's nursing info-line at 514-843-1650 Option 4** (Monday to Friday, from 11:30 am to 4:00 pm) or the **MUHC Operator at 514-934-1934** (after normal working hours) and ask to page the physician on call for infertility.

Preparation for Embryo Transfer

You should already be taking folic acid (0.4 - 5 mg per day) but if not, then start today. Your doctor has also asked you to begin some of the following medications on the day of egg retrieval:

- Doxycycline** - 100 mg orally, twice daily for 7 days
- Medrol** - 16 mg orally, daily for 4 days
- Estrace** - 2 mg orally, three times daily for 10 weeks
- Estrace** - 2 mg inserted deep into the vagina, three times daily for 10 weeks
- Aspirin** - 80 mg orally, daily for 10 weeks
- Progesterone** - 50 mg / 100 mg (intramuscular) injection each day for 10 weeks – a nurse must show you and your partner how to do this injection. Note: on the day of transfer, take 50mg in the morning, 2 hours before your transfer, and 50 mg in the evening. After the day of transfer, go back to taking 50 mg / 100 mg once a day

OR

- Crinone** – 1 vaginal application _____/per day, for 10 weeks. Insert deep into the vagina. Note: on the day of transfer, apply Crinone at least 4 hours prior to transfer.

OR

- Endometrin** – 100 mg _____/ per day, for 10 weeks. Using the applicator, insert deep into the vagina. Note: on the day of transfer, apply Endometrin at least 4 hours prior to transfer.

OR

- Prometrium** - 200 mg, three times daily for 10 weeks. Insert 200 mg deep into the vagina and lie down 15-20 minutes afterward. (Note: on the day of transfer, take your first dose at least 4 hours prior to transfer).

The Day of Embryo Transfer

The transfer will usually be easier to do if you have a full bladder. If you must empty your bladder just prior to your transfer, be sure to drink 2-3 glasses of water immediately after, to refill your bladder

After Your Embryo Transfer

After the transfer is completed, you may empty your bladder immediately. It is not necessary to lie down after the embryo transfer.

You must schedule an appointment for your pregnancy test on _____ by calling 514-843-1650, option 0.

Until your pregnancy test, the Medical team at the MUHC Reproductive Centre makes the following recommendations regarding lifestyle choices:

- **Diet:**
This is not the time to start a weight loss diet. It is a good idea to follow Canada's Food Guide for healthy eating in pregnancy. Avoid sushi, raw meat, and non-pasteurized dairy foods. No amount of alcohol is considered safe in pregnancy.
- **Vitamins/Prescriptions and Over the Counter Drug:**
It is important to take Folic acid (0.4 - 5 mg per day) at this time. If you take multivitamins, it is recommended that you take vitamins formulated for pregnancy (avoid high doses of vitamin A or D). You may take Tylenol® as directed but, avoid aspirin (ASA) ibuprofen (e.g., Advil®), or other anti-inflammatory drugs unless this is prescribed by your fertility doctor. Speak with your physician or pharmacist before taking any other medication (including over the counter and "natural" source medication), to be sure that it is safe in pregnancy- always mention that you have taken fertility medication and that you may be pregnant.
- **Smoking/Recreational Drugs:**
Cigarette smoking and other recreational drugs (such as marijuana) are unsafe in pregnancy.
- **Exercise:**
It is not necessary to rest in bed but do rest when you need to. Do not begin any new physical training program at this time and avoid high-impact contact sports. Avoid heavy lifting (over 20 lbs).
- **Hygiene:**
Avoid tampons, vaginal douches, tub baths (showers are fine), and/or swimming for 7 days following your egg retrieval. Avoid hot tubs, hot baths, and saunas until you see your obstetrician.
- **Sexual Relations:**
Sexual intercourse may be uncomfortable following your egg retrieval. Apart from this, it is not necessary to avoid sexual relations.
- **Work:**
You may continue to work at this time however your doctor will agree to a medical leave until your pregnancy test, if you are concerned about this. You should not work if your work involves heavy physical effort, exposure to harmful substances, or exposure to sources of infection (e.g. child care).
- **Stress:**
The wait for your pregnancy test may be an especially stressful time for you. Try to reduce stress wherever possible. Please contact a nurse or physician at the Centre if you are finding it difficult to manage your stress.

The staff of the MUHC Reproductive Centre wishes you the best of luck!