

In-Vitro Fertilization Program South Jersey Fertility Center

Instructions following your In-Vitro Fertilization Egg Retrieval and Preparation for Transfer

Over the next several days you will need to take the following medications as they are prescribed.

1. **Progesterone – Crinone 8% Vaginal Progesterone Gel:** One applicator into vagina every morning starting 2 days after the egg retrieval. Continue taking the progesterone until we tell you to stop it, even if you experience vaginal bleeding. Once pregnant, call the pharmacy for your refill and continue until 10 weeks of pregnancy.

Begin this on _____ (Day and Date) **–TWO DAYS AFTER RETRIEVAL**

Note – Only on the day of embryo transfer – please insert Crinone before transfer and after transfer.

2. **Medrol (Methylprednisolone):** 16 mg daily for five (5) days. This is to begin 2 days after the retrieval. This is an anti-inflammatory agent (corticosteroid). It is perfectly safe for the embryos at this stage. This should be taken with food.

Begin this on _____ (Day and Date)

3. **Prenatal Vitamin or Folic Acid:** Once a day.
4. **Estrace 2 mg tablets (Estradiol):** Take 1 tablet two times daily. Begin on **day after embryo transfer** and continue until you are told to stop. Once pregnant, call the pharmacy for your refill and continue until 10 weeks of pregnancy.

Following the IVF Retrieval

The eggs will be inseminated 4 hours after they are collected. The eggs will be checked for fertilization approximately 17 hours after insemination. You will be contacted by telephone the day after the retrieval to let you know their status. The embryo transfer procedure will be 3-5 days after the egg retrieval. You will be notified of the date 1 to 2 days in advance.

Following the procedure, you may experience abdominal cramping similar to your menstrual cramps for 2 days. This is usually due to having temporarily enlarged ovaries. You may take Extra Strength Tylenol (2 tablets every 4 hours). Avoid using Ibuprofen (Advil) or similar drugs. Avoid aspirin – unless prescribed by your doctor.

If you experience any of the following, please call us immediately. Our office phone number is 856-596-2233. If the office is closed, have the answering service page one of the doctors or the IVF Coordinator. If you do not receive a call back within 20-30 minutes, please call again.

1. **HEAVY VAGINAL BLEEDING**
2. **SEVERE ABDOMINAL PAIN AND/OR BLOATING**
3. **FEVER OR CHILLS**
4. **TEMPERATURE OF 100.6 OR HIGHER**
5. **PERSISTENT VOMITING**
6. **INABILITY TO TOLERATE FOOD OR LIQUID**

THERE IS NO DRIVING FOR 24 HOURS AFTER THE RETRIEVAL.

The Day of the Embryo Transfer

Two hours prior to the scheduled embryo transfer you must empty your bladder and begin drinking 18 ounces of water. This will help your bladder reach the correct size to allow us to see your uterus during the ultrasound-guided embryo transfer procedure. Your bladder should feel full when you arrive, but not painfully full. If it is too painful, you may ask our staff for permission to empty it half-way in our restroom.

It is important that you do not use any perfume or fragrant body lotions as they could be toxic to the oocytes/embryos.

Bring the following things with you:

- Blanket
- Warm socks
- Something to read during your 30 minute rest period

Although the transfer procedure itself takes only 10 minutes, you will remain lying down for 30 minutes before you go home. Your husband (partner) should be with you the day of the transfer to discuss and sign appropriate consents for the number of embryos to be transferred and to escort you home. It is our recommendation that you do not drive the day of the transfer. Expect to spend approximately one hour at our center this day.

Activity level after Embryo Transfer

Your activity level after the embryo transfer should be limited. Do not leave the house the day of the transfer or even the day after the transfer. You should remain seated or lying down as much as possible during that time. Do not lift anything heavier than 10 pounds.

The following restrictions apply until the pregnancy test is drawn (because your ovaries will still be enlarged).

**NO: SEXUAL INTERCOURSE
HEAVY LIFTING
JOGGING, HORSEBACK RIDING, AEROBICS, OR BICYCLING
VACUUMING OR FLOOR SCRUBBING
SWIMMING OR USE OF HOT TUBS**

You may walk. (Be reasonable about it). If it hurts, then take it easy.

Treat your body as if it is already pregnant, that is, avoid alcohol and tobacco. Limit your caffeine to no more than one serving per day.

You will be given appointment cards for two blood tests at one of our offices. The first is to check your serum Estradiol level approximately 7 days after the egg retrieval. The second is the pregnancy test drawn approximately 14 days after the egg retrieval. We will call you with the results by 4PM.