

# In-Vitro Fertilization Program South Jersey Fertility Center

## Instructions for your up coming In-Vitro Fertilization

READ THESE INSTRUCTIONS CAREFULLY. IF THERE IS ANYTHING YOU DO NOT UNDERSTAND, PLEASE CONTACT OUR STAFF FOR CLARIFICATION.

Today will be your last dose of Lupron, if you are currently taking it. You will no longer take your FSH/HMG once you receive these instructions.

HCG/OVIDREL INJECTION \_\_\_\_\_ at \_\_\_\_\_ AM PM  
(Date)

\*\*\*\*\*SEE THE LAST PAGE OF THIS PACKET FOR HCG/OVIDREL PREPARATION AND INJECTION INSTRUCTIONS.

YOU ARE SCHEDULED FOR IVF EGG RETRIEVAL ON \_\_\_\_\_  
(Date and Time)

PLEASE ARRIVE AT THE IN-VITRO CENTER AT \_\_\_\_\_ AM PM  
(Time)

If you wish to have the opportunity to cryopreserve any extra embryos, be sure to pay the freezing fee and storage fee TODAY (prior to the day of egg retrieval).

**NOTE: PLEASE DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT BEFORE THE PROCEDURE.** If you need to take any daily prescribed pills, you may swallow them with sips of water. If you wear nail polish, please remove it from your right index fingernail so we can utilize a pulse oximeter to monitor you during the procedure. Please do not use any hair spray, body lotion or perfume.

**THE IN-VITRO CENTER IS LOCATED AT 400 LIPPINCOTT DRIVE, SUITE 140 – DRIVE DOWN THE PARKING LOT PAST GLASS FOYER ENTRANCE TO BACK OF BUILDING – SIGN INDICATES SUITE 140.**

Your male partner should abstain from relations and/or ejaculation for not less than 2 days and not more than 5 days prior to the retrieval date. If you have any questions, please discuss them with our staff.

Over the next several days you will need to take the following medications (if circled) as they are described.

1. **Zithromax (Z-Pak):** This is an antibiotic to be taken once a day for 5 days. The first day you take 2 tablets at once, the remaining 4 days take one tablet a day following the package instructions.

Begin this on \_\_\_\_\_ (Day and Date)

2. **IV Antibiotic (Ancef, Cefazolin or Doxy):** Not all patients require this. This medication will be administered with the intravenous fluids before the procedure. You will need to bring the glass ampule with you, if it is prescribed.
4. **Zofran:** You should have one vial. Bring it with you to your retrieval. It will be given by anesthesia to prevent nausea.

## The Day of the Egg Retrieval

Your partner needs to come with you for the retrieval. He will be collecting a semen sample at our facility for the insemination of the eggs. Should special arrangements need to be made for collection (such as collecting at home), please let us know in advance. The retrieval of the eggs will take approximately 30 minutes depending on the number of follicles you have. You will remain in the recovery room for 1 to 1 ½ hours following the procedure. Plan on spending at least 3 hours in the In-Vitro Center. It is important that you do not use any perfume or fragrant body lotions as they could be toxic to the oocytes/embryos. **You will need to have someone drive you home.**

For your comfort before, during and after the procedure, please bring the following items with you:

1. Bring or wear warm socks.
2. Bring a blanket.
3. You may have a slight amount of spotting following the procedure. You should bring a sanitary pad.

### **Ovidrel/HCG Mixing and Injection Instructions**

Please review the injection technique and call the office in advance if you are unsure of how to administer the Human Chorionic Gonadotropin (HCG) injection since this is critical to a successful IVF cycle.

Wash your hands before proceeding!

#### **Ovidrel Instructions (2 syringes)**

You should have two(2) pre-filled syringes. The air must be removed from the syringes before injecting. You do this by pointing the needle to the ceiling, removing the cap and pushing gently on the plunger until a drop of medicine is seen at the tip of the needle. Carefully replace the cap until ready for use.

Locate the SQ site (lower abdomen or upper thigh). **Both** Ovidrel syringes should be administered at different sites. First, clean area with alcohol. Then give Ovidrel the same way you were instructed with your stimulation medications.

#### **HCG – 10,000 units (Novarel, Pregynl) Instructions**

You will be using a 22 to 25 gauge, 1 ½ inch needle on a 3 cc syringe. It is critical that the entire 1 ½ inch needle be **FULLY INSERTED** into the injection site. **DO NOT USE A NEEDLE THAT IS SHORTER THAN 1 ½ unless otherwise instructed.**

Lift off the plastic tabs on the top of the two vials (water and powder) contained in the box you received from the pharmacy. **DO NOT** remove the rubber stopper.

Wipe off both rubber stoppers with alcohol. Insert the needle into the bottle of water and pull back 1 ml (1 cc) of liquid. There will be left-over water remaining in the bottle. Insert the needle into the powder bottle and slowly inject the water into the bottle. Leave the needle in the bottle and gently swirl the liquid until it is completely clear. Draw back on the plunger and pull out the entire dose of mixed solution. Place the cover over the needle. Flick the syringe to remove bubbles and push up slightly on the plunger until a drop of medications comes through the needle opening. This will eliminate any air. **Then change the needle (it will be dull from puncturing 2 rubber stoppers).** Refrigerate after mixing if it will sit for over 2 hours.

Locate the IM injection site (thigh or buttock) which was previously explained to you by the medical staff. Clean the area with alcohol. Insert the entire needle into the injection site and pull back slightly on the plunger. If you see blood coming into the syringe, remove the needle from the injection site, change the needle and try again. If there is no blood, slowly inject the medication into the buttocks.

Remove the needle and dab the area with gauze or tissue. Do not be alarmed if you notice a little blood or liquid coming out of the injection site.

Dispose of the used needles and syringes appropriately.

If you drop or touch the needle by mistake, it is now contaminated and should not be used. Just twist off the contaminated needle and replace it with another one and proceed with the injection.

