

INSTRUCTIONS FOR AFTER THE EGG RETRIEVAL AND PREPARATION FOR EMBRYO TRANSFER

*(** Before leaving our office following your egg retrieval, you will receive a detailed instruction sheet regarding preparation for your embryo transfer. follow the instructions on that sheet exactly.)*

The night of the egg retrieval :

- Continue the **Doxycycline** tablets and begin the first of 8 **Medrol** tablets (take 1 tablet every 12 hours until all the pills have been taken).
- Place one 100 mg **Progesterone suppository, Endometrin or Crinone suppository (refer to the specific instructions provided to you)** in the vagina at bedtime. **All patients have refills on medications. Contact the pharmacy immediately if refills are required. Do not discontinue your suppository treatments until instructed otherwise.**
- You are advised to rest at home the entire day of your retrieval. You may resume normal, but not strenuous, activities the following day (even returning to work if heavy exertion is not required). Do not stay alone for at least 24 hours. You may take Tylenol™ or mild discomfort.
- ***Notify the office immediately if you experience fever, severe abdominal or pelvic pain, shortness of breath or heavy vaginal bleeding.***

The day following the egg retrieval:

- Start your **Progesterone in oil* injections**, 1cc (50 mg) intramuscularly each morning (**note:** unless your physician has prescribed an alternative form of progesterone, such as Crinone or Endometrin)
- Place one 100 mg **Progesterone suppository, Endometrin or Crinone suppository (refer to the specific instructions provided to you)** in the vagina at bedtime. **All patients have refills on medications. Contact the pharmacy immediately if refills are required. Do not discontinue your suppository treatments until instructed otherwise.**
- You will receive a telephone call the day after the retrieval informing you of the number of embryos formed (i.e. **fertilization**). On the day prior to embryo transfer, the lab will inform you of the scheduled time of transfer.

On the day of the embryo transfer (typically 4-5 days after the retrieval):

- Arrive at the office at exactly the scheduled time. **Drink three 8-oz glasses of water prior to arrival and another two glasses upon arrival.** Drink until you feel you need to void (do NOT void, however, until after the transfer is completed).
- Arrange a comfortable car ride home and plan to remain in bed, an easy chair or sofa for the next 2 days (you may get up to eat and use the bathroom).

J. Preparation for Embryo Transfer (for patients undergoing transfer of frozen embryos or for recipients of donated eggs)

You will be provided with a detailed protocol regarding on which days and dates to use Estrogen (Estrace) and Progesterone supplements as well as other medications listed below.

Once the eggs are retrieved from the donor, you will follow the instructions listed below – the specified days and dates to use these medications will be indicated by the instruction sheet provided to you during your cycle.

- Place one 100 mg **Progesterone suppository, Endometrin or Crinone suppository (refer to the specific instructions provided to you)** in the vagina at bedtime. All patients have refills on medications. Contact the pharmacy immediately if refills are required. **Do not discontinue your suppository treatments until instructed otherwise.**
- Use **Progesterone in oil* injections**, 1cc (50 mg) intramuscularly each morning (**note:** unless your physician has prescribed an alternative form of progesterone, such as Crinone or Endometrin)
- Take one pill of Estrace 2 mg twice per day (**do not discontinue use of these pills until instructed otherwise**)
- Take one pill of Medrol 8 mg twice per day for four days (8 pills total)

Your embryo transfer will be scheduled to occur between 3 and 5 days after the eggs are retrieved. On the day of the embryo transfer,

- **Drink three 8-oz glasses of water prior to arrival and another two glasses upon arrival.** Drink until you feel a strong need to void (do NOT void, however, until after the transfer is completed)
- Arrange a comfortable car ride home and plan to remain in bed, an easy chair or sofa for the next 2 days (you may get up to eat and use the bathroom)

- Do not place anything into the vagina (including tampons, intercourse, douches) except the progesterone suppositories
- After two days of rest, you may resume normal activity but please refrain from heavy lifting (> 10 lb), overheating (e.g. from outside work or exercise), or highly strenuous activities (you may generally return to work).
- **Do not discontinue use of any of the medications listed above until instructed otherwise (call the pharmacy immediately if refills are required).**