

INSTRUCTIONS FOR AFTER A FROZEN EMBRYO TRANSFER

- Remain in bed, an easy chair or sofa for the next 2 days (you may get up to eat and use the bathroom). Remain calm and relaxed.
- Do not place anything into the vagina (including tampons, intercourse, or douche) *except* the Progesterone vaginal suppositories until the pregnancy test (see time and date listed below).
- You may notice some seepage of fluid from the vagina after transfer. This is the media used to cleanse the vagina prior to transferring the embryos and is of no concern.
- After 2 days of rest, you may resume normal activity as long as you refrain from lifting (> 10 lb), heavy exertion or strenuous activities. You may in most cases return to work.
- **Continue Estrace 2mg tablets twice a day** until instructed otherwise.
- **You must continue to take your Progesterone** supplementation. You have been prescribed one of the forms of Progesterone listed below:
 - **Endometrin™ (2 to 3 times per day) or Crinone™ (1 to 2 times per day)** are special progesterone vaginal capsules or gel inserted into the vagina.
 - **Intramuscular injections:** Progesterone in oil (1 cc) might be prescribed intramuscularly every morning starting the day following the egg retrieval.
 - **Intravaginal suppositories** might be prescribed vaginally before bedtime, starting the night of the egg retrieval.
- All patients have refills on medications. Contact the pharmacy immediately if refills are required.
- **Do not discontinue your progesterone treatments until instructed otherwise.**
- Please continue taking the Doxycycline and Medrol tablets one tablet twice a day of each for four days total until all the pills have been taken (in some cases, all the pills have already been used prior to the embryo transfer. No further pills are required.)
- A **pregnancy test** in our office will be scheduled for you approximately 12 days after the embryo transfer. Please come in between 7:15am - 8:30am on the scheduled day for the blood pregnancy test. Do NOT use a home pregnancy test as it may be inaccurate.