

PREPARING FOR YOUR EGG RETRIEVAL

*(** You will receive a detailed instruction sheet from our office before your egg retrieval. follow the instructions on that sheet exactly.)*

The night of your human chorionic gonadotropin (HCG) injection:

- **hCG** is the last hormone injected before egg retrieval. It is packaged under the names: **hCG**, **Pregnyl™**, **Profasi™**, **Novarel™** or **Ovidrel™**. On the night of the hCG injection, mix the HCG as follows: add 1cc diluent to the vial of powder (10,000 units), allow powder to dissolve, then withdraw the entire 1 cc (all 10,000units) into the syringe. Switch to the shorter 1 inch 22 gauge needle and inject into the buttocks intramuscularly (as previously instructed).
- You will be instructed in writing as well as verbally regarding the date and time to take the hCG injection as well as other medication instructions.

The night before egg retrieval:

- Start **Doxycycline** 100 mg (take first tablet between 9 pm and 11 pm). Take one tablet every 12 hours (8 tablets total) until the tablets are gone.
- **Do not eat or drink anything after midnight** (until after the retrieval).

The morning of the egg retrieval:

- You will be instructed in writing as well as verbally regarding the date and time of the egg retrieval. You **must** arrive at our office promptly 30 minutes before the scheduled time of retrieval.
- Wear loose fitting clothes, do not eat or drink anything that morning and do not douche.
- Consent forms must have been signed by this time by both the patient and her male partner for all associated procedures (and for cryopreservation of embryos if needed). **As such, your partner must be present to sign.**
- An anesthesiologist will explain anesthesia-related issues and administer the anesthetic (**Note: before undergoing anesthesia, you MUST alert the anesthesiologist and your doctor about any health problems, even if you have already discussed these in consultation with your physician. Please make sure you notify us of any allergies to soybeans or eggs or any heart valve (e.g. murmurs) or respiratory problems, such as asthma.**)
- A semen specimen will be collected after the egg retrieval is completed. The lab should be informed in advance if you anticipate any problems with semen collection. **As such, your partner must be present** (unless donor semen is

being used or the use of a frozen semen or testicular tissue sample from the partner has been pre-arranged and consented for by both partners).

- After recovering for approximately 60 minutes after the retrieval, you will be discharged home. You **must** be accompanied home.
- Take your morning **Doxycyline** tablet with food and a glass of liquid or juice when you return home.
- Full payment (by check, cash or credit cards) for **ALL** IVF services **MUST BE RECEIVED NO LATER THAN THE DAY OF the hCG injection. Regardless of insurance coverage, all patients must pay the \$500 anesthesia fee (bring cash or a check made out to Dr. Steven Alfond) on the day of service.** You may contact your carrier for possible reimbursement. Be sure to request a HICFA form if you will be submitting a bill to your insurance carrier.

Note: **CRYOPRESERVATION (FREEZING) OF EMBRYOS** is an option available to couples with “extra” embryos (i.e. more embryos than will be transferred to the uterus). If your physician believes cryopreservation is appropriate for you, embryos will be cryopreserved on the third day after the egg retrieval. Your physician will discuss with you his or her recommendations regarding whether or not to cryopreserve embryos and the number of embryos to cryopreserve. Although there are no arbitrary guidelines as to who should or should not cryopreserve embryos, we recommend that women under 36 years of age with 7 or more embryos strongly consider cryopreservation. All patients/couples who decide to cryopreserve embryos for future use **must sign the appropriate consent forms and make full payment for cryopreservation (not covered by insurance) prior** to exiting the center on the day of the egg retrieval. If for any reason freezing of embryos cannot be performed, cryopreservation fees will be refunded to you.