

# DISCHARGE INSTRUCTIONS

## Frozen Embryo Transfer

1. Continue taking Progesterone in oil injections (2ml/cc per day) until directed. Rotate the area and side of the hip where you are giving the injections. The injections may be given in your upper thigh however, most patients prefer the hip/backside.  
**Hint:** Keep the vial of oil in your hands for about 5 minutes prior to drawing up with the 18g 1½(pink) needle then switch to 22g 1½(grey) to inject. You may use a heating pack on the injection area prior to and after it is given. Rub an ice cube also on the area right before injecting as you won't feel the needle. Hopefully, these are helpful hints to make this oil go more smoothly for you!
2. Continue taking your Prenatal vitamins and Estrace tablets as directed. The estrogen pills (Estrace) will continue until at least the pregnancy test.
3. One week after transfer- Estradiol and Progesterone level checked.
4. Two weeks after transfer- Quantitative Beta HCG (pregnancy level) checked.
5. Please do not over exert yourself! For the next couple of weeks, you will want to limit your activity. This includes: *no* lifting >15 lbs, *no* hot tubs/saunas, *no* vacuuming (oh darn!!). Basically, use common sense on your activity and stress level. Some patients return to their job the next day depending on the type of work they do. Please do what is in your best interest and take it easy for those 2 weeks. Also, try to distract yourselves at least every 48 hours while waiting for your result. For example, have plans to watch a movie, eat out, or even play a board game just so your mind isn't overloaded with the wonder of being pregnant!! Think positively- you will find out soon!!
6. If *assisted hatching* was done in which Dr. Donahue would have discussed if necessary, start Medrol 16 mg- one tablet once daily x 4 days.
7. As always, think baby- preferably one!