

## DISCHARGE INSTRUCTIONS EGG RETRIEVAL

1. It is common to have some cramping/abdominal tenderness after the retrieval. A pain prescription will be given to you the day of the retrieval.
  - **Demerol** is a narcotic we may give for pain. You are to take **one pill every 4-6 hours as needed for pain**. You can start using the pain pills shortly after leaving our office if you do not feel nauseous. Please take them with some food or milk so it does not upset your stomach.
  - If you do not wish to use/need the stronger pain pill, **Tylenol ES** may be taken for any discomfort. Please *do not* take any ibuprofen or Aleve for pain.
  - You may have some bleeding for a couple days after the retrieval. If the bleeding increases or becomes worse over the next day or two- please call our office and let our nurse know.
  
2. Continue taking the rest of the **Doxycycline** tablets
  - You may take one pill at lunch and then at dinner time today if you are able to tolerate liquids and food. Please finish your pills twice daily until you complete all of the pills.
  
3. Continue taking your daily Prenatal vitamin, Vitamin E, and the mini aspirin. The aspirin will continue through the 1<sup>st</sup> trimester of pregnancy and the Vitamin E will stop shortly after the second positive pregnancy blood level.
  
4. For the next couple nights, sleep in a recliner or use pillows to raise your upper body.
  
5. Begin the **Progesterone vaginal suppositories** (100mg) once each night before you go to bed until the morning of the transfer.
  - Take the last suppository when **you awake the morning of the transfer**
  
6. You will receive a call the day after the retrieval from the embryologist
  - She will let you know how many eggs fertilized, and give you the time to return to our North office for the embryo transfer. Husbands are invited into the procedure room for the transfer- you will both view the transfer procedure on the ultrasound monitor. Neither of you should wear perfume or scented lotions.
  - Arrive 30 minutes prior to your transfer time
  - Take the **Valium 10mg** pill 1 hour prior to transfer time
  - Drink 2-3 large glasses of water prior to the transfer (for the abdominal ultrasound)
  - You are allowed to have a light breakfast before coming in
  - You may bring your favorite music CD to listen and relax to during the transfer!
  
7. Start Estrace pills on the day after the retrieval – 2mg twice a day until 6 weeks
  
8. Start Progesterone in oil- 2cc IM (intramuscular injection) once daily starting the day after the retrieval until 10-12 weeks of pregnancy. You may take this injection either during the day or evening, whichever is more convenient for you.  
**Recommended: Use heat on your muscle before and after the injection. Always alcohol the area before injecting and rub the area well after each injection. You may use a 25g1½ needle to inject instead of the 22g1½ needle however it will take a longer time to inject!**
  
9. If you know you are having the *assisted hatching* procedure done- you'll need to take: **Medrol** (anti-inflammatory steroid medication) **16 mg tablet**, starting the first day after the retrieval. You will take this medication for a total of four days.
  
10. If you are experiencing any unusual problems such as: severe/uncontrolled pain, difficulty breathing, trouble voiding, nausea, or vomiting, please call our office during business hours or page the nurse or Dr. Donahue promptly.