



Ontario Network
of Experts in Fertility
life through knowledge



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POST RETRIEVAL INSTRUCTIONS – freeze all

Following the retrieval, the majority of patients do not experience any problems. If you do have concerns, please feel free to call the clinic @ (905) 634-4440. If you experience a problem or have an urgent question after office hours, please call the hospital and ask to speak with the IVF physician on call @ (905) 521-2100 ext 76443 (paging). If you are unable to reach the physician, please go to the nearest emergency department for assistance if necessary. Please notify our office if you require admission to hospital within 10 days of your procedure.

GUIDELINES TO FOLLOW AFTER RETRIEVAL

1. You may notice a small amount of vaginal spotting and/or cramping after the procedure. This is normal since the needle has punctured the vaginal wall during the egg retrieval. If you notice that you have excessive bright red bleeding, pain, or fever, please call the clinic.
2. **You cannot drive a vehicle on the day of your egg retrieval. Avoid alcohol or sedatives as they might increase the effect of the sedation given during retrieval .** Once home, rest the remainder of the day under the attention of a competent adult.
3. Our goal is to freeze the embryo(s) at the blastocyst stage (5 to 6 days after the egg retrieval). Under certain circumstances the embryos will be frozen 3 days after retrieval. The clinic will call you starting tomorrow on Day 1, 3, 5 and 6 to inform you of the status of your embryo(s). Please make sure that you have a follow up booked with your physician to plan for your frozen embryo transfer.
4. You will get your period about a week after your egg retrieval.
5. If you require medication for mild discomfort, we advise that you take Tylenol only. If you have concerns about pain, contact the clinic. **Do not take Aspirin or Ibuprofen.**
6. Your ovaries stay enlarged for at least 2 weeks after retrieval. Be sure to avoid any physical activity that involves impact and contact sports.