



POST RETRIEVAL INSTRUCTIONS

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 do the embryo transfer 5 days after retrieval. Under certain circumstances the transfer will take place 3 days after retrieval. The clinic will call you starting tomorrow on Day 1, 3, and 5 to inform you of the status of your embryo(s). A nurse will confirm the time of your embryo transfer the day prior to the transfer.
4. **Start your Endometrin the morning after your egg retrieval.** Vaginally insert 1 Endometrin **three** times per day. Please follow the instructions given by the nurse. You will take the Endometrin until your pregnancy test and if pregnant until about 10 weeks of pregnancy.
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.