



IVF RETRIEVAL INSTRUCTIONS

The staff of the Northwest Center for Reproductive Sciences (NCRS) wants you to be as comfortable as possible after your procedure. We also want to ensure that you fully understand your instructions for the next few days. Please read these sheets carefully so that you will know what you are to do and what you may expect during this crucial phase of your IVF cycle.

The day after your HCG injection:

- Come to the Evergreen office of the Northwest Center for Reproductive Sciences to have blood drawn before 9:00 am.
- Remember not to eat or drink anything after midnight tonight in preparation for the retrieval procedure tomorrow.

The day of the retrieval:

- Do not eat or drink anything the morning of the retrieval. You may brush your teeth. If you normally take medications in the morning, you may do so with just a sip of water. Or, wait until after the retrieval to take the medication (consult with us for specifics). Please do not wear any fragrances because they are harmful to the eggs and embryos.
- Plan to arrive at the Evergreen office of the Northwest Center for Reproductive Sciences one hour before your scheduled retrieval.
- Bring your progesterone prescription with you. We will give you your first injection after the retrieval.
- **It is critical that you be prompt! A delay in the procedure could jeopardize your chance for success.**
- If collection of a fresh semen specimen is planned, our andrology technician will direct your husband/partner to the collection room to produce a specimen when you both arrive at the clinic for the scheduled retrieval.

YOU WILL THEN:

- be set up in a recovery bay where your belongings can be stored. You will return to this recovery bay after the procedure.
- change into a surgical gown,
- be interviewed by the nurse,
- have an IV started,
- talk to the anesthetist.
- be brought into the procedure room. To maintain optimal conditions for the oocytes, we ask that your husband or partner not accompany you into the procedure room. He will be asked to wait for you in your recovery bay.

DURING THE RETRIEVAL YOU:

- will receive a sedative through the IV,
- may receive an antibiotic through the IV if indicated.
- will probably not remember the actual retrieval procedure due to the sedatives.

IMMEDIATELY AFTER THE RETRIEVAL:

- We will transfer you back to your recovery bay for observation until you are ready to go home. This time varies among individuals and depends on your response to the sedative. The estimated time for recovery is 20-30 minutes.
- We will tell you and your partner how many eggs were retrieved.
- We will give you an injection of progesterone containing sesame oil. Please tell us if you are allergic to sesame oil.
- You may experience some pelvic discomfort usually described as "pressure". This usually resolves within 1-2 days. Please notify us if you feel your pain is more than just discomfort.
- You may have some slight vaginal spotting. Please let us know if heavy vaginal bleeding occurs.



AFTER LEAVING THE CENTER:

- You may be tired or groggy from the sedative. You must not drive for at least 24 hours after the procedure. We ask that you arrange for someone to drive you home from the Center after your retrieval.
- Plan to rest for the remainder of the day. Don't plan any social activities for the day of the retrieval.
- You may take acetaminophen (Tylenol) for pelvic discomfort. Avoid using strong NSAIDs such as Toradol, Vioxx or Celebrex. We will provide you with a prescription for codeine if acetaminophen is not sufficient to control your discomfort.
- You may shower or bathe as desired.
- Start taking doxycycline 100 mg twice daily for 5 days unless you are allergic. Take your first dose at bedtime on the night of the retrieval. Stop taking your prenatal vitamins while you are taking the doxycycline as they can interfere with absorption.
- Start taking the methylprednisolone (Medrol), 4 tablets at bedtime for 4 nights, unless you are allergic. Take your first dose on the night of the retrieval.
- Start your progesterone supplementation by administering 1cc (50 mg) by IM injection every 12 hours until the embryo transfer. Give your first injection the evening of the retrieval. You will be instructed on how to give this injection.
- Call if you experience heavy bleeding, severe pain, fever (over 100 deg.) or persistent vomiting.

The day after retrieval:

- You may have slight vaginal bleeding for a day or two. You may use sanitary pads or liners. Please do not use tampons. We ask that you call if you experience heavy bleeding.
- You may return to your normal activities the day after the retrieval. However, you may experience fatigue, abdominal tenderness and pelvic pressure. These may last for 1-3 days. If you feel the pain is severe or if you develop a fever, nausea and vomiting, or marked abdominal distension, please call the office promptly.
- You should refrain from sexual relations for 1-2 days after the procedure. You may, however, have discomfort during intercourse while the ovaries are enlarged. If so, proceed with caution to avoid rupturing a corpus luteum.
- One of our staff will call you after noon (or you may call us) to report on the fertilization of your eggs. Please be advised that this is a preliminary report based upon a single observation of the eggs the day after the insemination. Sometimes later examination reveals additional fertilized eggs. We will have the final report on the day of transfer.
- Please review your Embryo Transfer Instructions (a separate handout).
- If you are considering cryopreserving (freezing) high quality embryos that will not be transferred, please check to be sure your cryopreservation consent form is signed.