



OriginElle

Fertility Clinic & Women's Health Centre



AFTER YOUR EGG RETRIEVAL

It is possible that you experience some discomfort in the abdomen. Therefore, it is advisable to take Tylenol for pain relief. In this regard, you can ask your doctor to prescribe Tylenol containing codeine. You should be able to resume normal activities the day after your egg retrieval, however, it is advisable to avoid all strenuous activities.

The anesthesia you have had may cause some nausea after the procedure. We recommend that you to eat lightly for the rest of the day and avoid too spicy and/or too greasy foods until your recovery. Please inform OriginElle Clinic if you experience symptoms longer than one day.

You may also experience some blood loss following your collection. Normally, this will decrease and should stop within 48 hours of your collection. Please inform the OriginElle Clinic if bleeding persists, becomes increasingly heavy, or becomes foul smelling.

Infection is uncommon but it is important that you are aware of symptoms: fever and/or persistent, increasing abdominal pain. To minimize the risk of vaginal infections, avoid sexual intercourse, use of tampons, vaginal douches, tub baths (showers are fine) and/or swimming for a week. Indeed, during this time of healing, you will be vulnerable to infections from bacteria entering the vagina.

Finally, be aware that symptoms such as continuing nausea, vomiting, diarrhea or concentrated urine (dark yellow) are abnormal. You should therefore contact the Clinic OriginElle if you experience one of these. Remember, you are very fertile at this time. Therefore, use a reliable contraceptive until your next menstrual cycle.

PREPARING YOUR EMBRYO TRANSFER

You should already be taking folic acid (0.4 to 5 mg per day) but if not, start today. Your doctor has also asked you to begin some of the following medications:



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FROM THE DAY OF YOUR EGG RETRIEVAL

Medications	Dose	Route of admin.	Freq.	Duration	Recommendations
Doxycycline	100 mg	Orally	BID	x 7 days	<ul style="list-style-type: none">• Take with meals.• Do not take at same time as milk or vitamins.
Medrol	16 mg	Orally	QD	x 4 days	---
Endometrin	100 mg	Orally	TID	x 10 weeks	<ul style="list-style-type: none">• Insert 100 mg deep into the vagina and lie down 15 to 20 minutes.• On the day of embryo transfer, take your first dose at least 4 hours prior the procedure.
Estrace	2 mg	Orally	TID	x 10 weeks	<ul style="list-style-type: none">• With or without meals.• Example : 7h00 – 15h00 – 23h00 or 8h00 – 16h00 – 00h00

THE DAY OF EMBRYO TRANSFER

The transfer will usually be easier to do if you have a full bladder. If you must empty your bladder just prior to your transfer, be sure to drink 2 to 3 glasses of water immediately, to fill your bladder.

Finally, if you have any concerns about symptoms you may be experiencing, don't hesitate to call the OriginElle Clinic at 514.369.0688.

Your appointment for your pregnancy blood test is on _____, 16th day following your transfer.