



OriginElle

Fertility Clinic & Women's Health Centre



AFTER YOUR EMBRYO TRANSFER

Once your embryo transfer is completed, you can empty your bladder immediately.

It is not necessary to lie after your embryo transfer but if you wish, you may lie down in the recovery room for 10 to 15 minutes.

The date of your appointment for the pregnancy test is on _____, the 16th day after your embryo transfer.

Until then, we recommend that you follow the advice regarding your lifestyle choices:

Diet: It is not advisable to start a diet for weight loss. We suggest you to follow Canada's Food Guide to healthy eating in pregnancy. Avoid sushi, raw meats and non-pasteurized dairy foods. No amount of alcohol is considered safe during pregnancy.

Vitamins/prescription and over the counter drugs: It is important to take Folic acid (0.4 to 5 mg per day) at this time. If you take multivitamins, it is recommended that you take vitamins formulated for pregnancy (avoid high doses of vitamin A or D). You may take Tylenol© as directed but, avoid Aspirin, ibuprofen (Advil©) and any other anti-inflammatory drugs unless they are prescribed by your fertility doctor. **Speak with your physician or pharmacist before taking any other medication** (including over the counter and “natural” source medication), to be sure that it is safe in pregnancy. Remember to always mention that you have taken fertility medication and that you may be pregnant.

Smoking/recreational drugs: Cigarettes and other recreational drugs such as marijuana are unsafe in pregnancy.

Exercise: It is not necessary to rest in bed but do rest when you need to. Do not begin any new physical training program at this time and avoid high impact contact sports. Avoid heavy lifting (over 20 lbs.).

Hygiene: Avoid tampons, vaginal douches, tub baths (showers are fine), and/or swimming for 7 days following your egg retrieval. Avoid hot tubs, hot baths and saunas until your next consultation with your doctor.

Sexual intercourse: Sexual intercourse may be uncomfortable after your egg retrieval. Apart from this, it is not necessary to abstain from sex.

Work: You may continue to work at this time however your doctor will agree to a medical leave until your pregnancy test, if you are concerned about this. You should not work if your work involves heavy physical effort, exposure to harmful substances, or exposure to sources of infections (child care).

Stress: The wait for your pregnancy test may be an especially stressful time for you. Try to reduce stress as much as possible. Please contact a nurse or physician at the OriginElle Clinic if you are finding it difficult to manage your stress.

The staff of OriginElle Clinic wishes you the best of luck!