



Instructions after your Egg Retrieval (OPU) – FREEZE ALL

Day 0 - Day of Retrieval

1. Rest at home today. Do not go to work and do not drive a vehicle for the next 24 hours.
2. You may experience vaginal bleeding today.
3. No sexual intercourse and no strenuous physical activities (walking, swimming are fine) **for 4 weeks**.
4. You may take Acetaminophen (Regular or Extra Strength Tylenol®) or Ibuprofen (Advil or Motrin) for abdominal cramping. **Do not take ASA (Aspirin®). Do not consume any alcoholic beverages for the next 24 hours. Do not take medications that contain narcotics.**
5. Eat a light healthy meal for lunch (eg: Soup and sandwich) and regular meal for dinner.

Day 1 – First Day after your Retrieval

1. We suggest that you rest at home again today. Do not drive a vehicle.
2. Continue to drink a minimum of 2 litres of fluid (including water, juices, Gatorade, soup, Ensure, Boost, ginger ale and caffeine free soft drinks). **See Flow Sheet.**
3. Weigh yourself once a day every morning.
4. The nurse will call you by the end of the work day to inform you of the number of fertilized eggs (embryos).
5. You may take Acetaminophen (Regular or Extra Strength Tylenol®) or Ibuprofen (Advil or Motrin) for abdominal cramping.
6. You must notify us if you are admitted to the hospital for any reason with 10 days of your egg retrieval.

NOTE:

- YOU WILL RECEIVE A PHONE CALL FROM THE NURSE ONCE WE RECEIVE INFORMATION FROM THE LAB WITH THE NUMBER OF EMBRYO'S THAT YOU HAVE FROZEN
- YOU WILL BE GIVEN A FOLLOW-UP APPOINTMENT WITH YOUR DOCTOR TO DISCUSS NEXT TREATMENT STEPS.
- IT IS NOT UNUSUAL TO HAVE YOUR PERIOD 5-6 DAYS POST OPU, but it may take up to 7-10 days. This is normal.

If you are feeling unwell in the 2 weeks after your egg retrieval, please call the nurse at Ext.617 or page the IVF physician on call 613-722-7000.

Next Steps: In order to offer you a frozen embryo transfer as soon as medically recommended post your freeze-all IVF cycle, please follow the *Ovulation Prediction – LH Kit Testing for Mock FET Cycles* instruction sheet on the following page with your period following the freeze-all IVF treatment cycle.



Ovulation Prediction – LH kit Testing for Mock FET Cycles

Your physician has requested that you find your ovulation date this month. This date is needed in order to time a bloodtest appropriately.

To find your ovulation date using urine LH testing, follow the instructions below.

What kit do I buy?

“Clearblue” Ovulation Test – with ‘Happy face’ indicator
 Available in 7 sticks or 20 sticks

Where can I buy this?

Green Valley Pharmacy **and** most pharmacies

Once the kit is purchased, what’s next?

1. Calculate the length of your cycles in the past 4-6 months: _____ to _____.
2. Start the kit on cycle day _____ (Based on your **shortest** cycle, See graph below).
3. Follow instructions below for the bloodtest.



When to start testing with ovulation kit: (Eg: If your cycle is 28days, start LH kit on Cycle Day 12)																
If your menstrual cycle is usually _____ days.	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
Start testing with your kit on cycle day:	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

How do I use the test?

1. Test each morning with your first morning urine. It is very important that you have not drank anything or gone to the washroom for at least 3-4 hours before using the test.
2. Ensure the end of the stick is saturated with urine for at least 5 seconds.
3. Read the result in 3-10 minutes.
4. If the result is **Positive**: You will see a happy face. A positive result means you will ovulate in 24 to 36 hours. **Call the appropriate extension below and a nurse will book a bloodtest approximately 6-8days after you see your first positive result.**
5. If the result is **Negative**: You will see an empty circle. Test again tomorrow morning. If you have not obtained a positive result after 7 days of testing, call your physician’s office nurse.

Physician Office Nurses’ Extensions
 636 – Dr Kotarba; Dr Gale
 637 – Dr Vause; Dr Shmorgun
 215 – Dr Haebe; Dr Jackson



Ovarian Hyperstimulation Assessment Flow Sheet

Please Record the Following Every Day

Date						
Weight (kg)						
Fluid Intake over 24 hrs (cc/hr)						
Urine Output over 24 hrs (cc/hr)						
Shortness of breath						
Nausea						
Vomiting						
Diarrhea						
Constipation						
Appetite (poor / fair / good)						
Abdominal Girth (cm)						
Heartburn						

You may be asked to call the clinic daily

If you experience any of the following: increased tummy pain and/or swelling in your tummy, heartburn, nausea, vomiting, diarrhea, dry cough or a decrease in urine output, contact clinic immediately at (613) 686-3378.

Clinic Nursing Hours: Monday to Friday **7:30am to 3:30pm**
 Weekends and statutory holidays **7:30am to 12:00pm**
Nurse Phone line: **(613) 686-3378 ext. 617**

After Hours: Call **613-761-4000** and ask for the physician on call for IVF